



## Issues of the Philosophy of Kurash and the Absorption of its Pedagogical Significance into the Minds of Young People

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### **Abstract:**

It's true that kurash has great importance in upbringing healthy generation. In every respect, strengthen defensive might of the country and improving military service. Obviously, kurash is the most valuable that plays a vital role in shaping unanimous nation. Not only kurash is the skills of fighting physically with opponents, but also bring up youth in the spirit of humanity and culture.

**Keywords:** kurash, social significance, human values, importance, referees, carpets and spectators, corresponds, competition process, kurash respects.

**Abstract.** Kurash helps to upbring every young people in spirit of being patriotic to his or her Motherland and loyal to the country. How the kurash athletes are patriotic, or how much they have loyalty and honesty, their spirits in the kindness to their Fatherland to will be clarified in the process of doing exercises, preparing for crucial competitions, esteeming themselves during the results of the games. Athletes who are never be defeated are presenting this perfectly and showing examples by this how they are in patriotic and humanity spirit. In reality, kurash is considered as a means of upbringing young people in physically hardening. Of course, firstly, kurash was valuable custom of Uzbek nation, which caused to develop completely, secondly, kurash has a vital role in shaping young generations to be spiritually perfect. Since the tendency and ideas are fair, it rise the feelings of person to higher degree. Indeed, kurash is connected with the life of Uzbek nation spiritually as being existed in heredity of Uzbek people. As we know that in the worldwide all countries are putting emphases on raising youth healthy and intellectually skillful in every respect. In the system of Education, Healthcare, Sport and other different spheres in society are becoming wanted consequences in both enhancing and developing education system. The necessity of working out efficient organizational-pedagogical factors based on national and global traditions and customs is

widely illustrated in some special programs. In return for these chances together with kindness and attention, young people should have a duty to achieve higher results by showing their real abilities in international tournaments and Olympiads. Materials and methods. The special articles and books, book-chapters were analyzed. Special literatures and findings were summarized and made conclusions. Results and discussion. The role of the types of national sports, especially kurash is huge in terms of bringing up spiritually-perfect and creatively-intellectual generation. The long history of kurash was glorified as sample for perfection of athletes. A physical strength, adroitness aspects, behaving modestly among people, conducts, spiritual appearance, the attitudes towards opponents, referees, carpets and spectators together with other characters of kurash athletes have a special significance. A lot of legends were created about kurash athletes in ancient times. Being athlete in nation is cultural and great heritage. This custom and heritage is still deeply-esteemed and will respected in the future, also. In today's world, lot of countries are paying attention to respect athletes and appreciating them in a wide respect. The philosophy of kurash is, today hugely comprehensive. It corresponds with the cultural aspects of physical training. In this field, some scientists has carried out different investigations (for example, Uzbekistan, India, Turkey and others). In particular, they gathered a great deal information about learning scientific, philosophical, social and cultural knowledge of kurash. Several scientists, Kh.Rafiev (Uzbekistan, Samarkand), U.Ibrokhimov and J.Toshpulatov (Uzbekistan, Surkhandarya), A.Atoev (Uzbekistan, Bukhara), F.Akhmedov (Uzbekistan, Jizakh) gave crucial information about philosophical and pedagogical aspects of sport, especially, kurash in their researches. Divers views and opinions about kurash were notified in international and national meetings and conferences. The works of academic F.Tulenov, professors M.Murodov, U.Koraboev, I.Jabborov, T.Javliev, Kh.Homidov, O.Musurmonova, M.Davletshin, F.Nasriddinov, T.Usmonkhujaev and R.Abdumalikov are absolutely essential. Organizing the development not only among young generation but also elderly people is leading to be formed healthy lifestyle. Kurash is being developed step by step between youth since it is unseparable part of the culture and life. People confess that the role of kurash in upbringing of the person is pedagogically high. In order to prove abovementioned opinions and views, clarifying the conditions of kurash is suitable. Firstly, making a bow (tazim) before the contest for each other is a symbol to show the most honorable virtues of humanity. Opponents bow each other means that they are opponent only over the "gilam". These actions are embodied with the strong respect towards one another. Kurash means fighting, discussing and arguing. Kurash contains actions and conditions which include special physical exercises. Together with this, a special character of kurash is hugely important in growing up of the person. The development of the society leads to improvement of the culture. In today's life, kurash has a huge significance in society. In recent years, investigations directed to learn the aspects of sport and its role has been in high degree in the lifestyles of people. Over this issue, the specialists of physical training and sport, psychologist have carried out studies and achieved different scientific, methodological and theoretical resources in diverse degrees (V.D.Panachaev, N.I.Ponomarev, L.P.Matveev, Y.Masharipov, R.S.Salamov, L.I.Lubisheva). Towards athletes who won in competitions and tournaments "athlete", "winner" and "champion" words were widely used to describe them. Most people were envious of these fighters, as a consequence, great enthusiasm appeared in ordinary people to participate in kurash competitions. Usually, people have a tendency to appreciate kurash as a symbol of winners and champions. It is clear that sport has some special and general functions. According to the theory of sports there some tasks in sport, a competition task, a healthy task, an idea task, an ethic task, an educational and moral task, a social task, a social and political task, an international task. As well as, it is noted in certain resources that sport plays a major role in bringing up patriotically [2]. Sport is just not to define the results, or to show abilities of physical opportunities, but also it is connected with human upbringing and it is a human factor. Being received as an international sport and being improved over the respect years, kurash has been regarded as a suitable for general standards. As it pointed in the law of the Republic of Uzbekistan "About Physical training and sport" [1], National types of sport and national games are indivisible part of physical training and sport in the field of cultural

heritage of the Republic of Uzbekistan, further sport paves the way for upbringing the youth in spirit of attempting to spread the reputation of the country. It is real that national sport types, social development and shaping them are interconnected with bringing up young generation in a patriotism mood. For example, kurash contains respecting opponents, defending self-esteem on the base of philosophical and moral opinions. The ideas of patriotism, humanism, peace and peace-loving and making nation industrious are incarnated in a historical development and formation of kurash. For, peace, patriotism, humanism, industrious have been appreciated and honored as a national value. As kurash is a humanitarian value, it is reflected in character of humanism. Simply, it can be seen that kurash is just type of sport after particular preparation of athletes or attempts to defeat one another in competitions [3, 4]. However, the rule of competitions and general standards of kurash have such requirements for kurash athletes, referees, coaches and other participants that in competition process will be formed and brought up in accordance with sport programs and values of humanity. It is vitally essential to hold sport competitions, physical trainings without any damages to the health of spectators and participants. It is prohibited to use dangerous methods to prepare that might cause injuries or humiliation of sportsmen's honor and virtues. The rule of kurash competitions are worked out in special way that athletes must obey the rules. At the same time, kurash respects its high humanism character. In the world, keeping the health of people is satisfying condition and improving it perfectly is a basic duty of medicine. There is a notion in the medicine world that "Instead of treating disease, it is more preferable to prevent it". In contemporary life, where technology has been advanced, being passive (because, many things are done by technology) brings about several issues, especially disease, including obesity. Doing exercises regularly on the bases of schedule provides the organism of the body with necessity to be active. Then, wanted consequence, including healthy organism and strong body can be achieved. This is one of the important reasons why kurash is deeply valued as humanism. Today's global circumstance is resulting in different negative issues, coupled with terrorism, religious extremism and illegal drug trafficking. These problems hardly fail to affect the life of people, society and country. Modern kurash is trying to bring up every kurash athlete or participant in accordance the goal, not just to get higher results from training or competitions [4]. Modern Olympic Games' propagandist prominent French statesman Pierre de Coubertin organized Olympic Games which were great importance for humanity and it was received as a means of educating and upbringing. After a second Cold World War, organizing Asian Games owing to enterprising of India was about enhancing welfare programs, keeping the peace and unanimity among the nations. Therefore, people should have a duty to develop kurash and value it as humanism character. Conclusion. In order to propagate this propaganda, it is crucial to make kurash more common among people. Especially, arranging to show scientific-methodological bases of kurash, and organizing investigations about the theory of kurash and its methodology. Briefly, the knowledge of kurash should be developed. The created land written literature of kurash has made great contribution to the development of kurash. However, to reach fast-term development in the field of sport requires to add kurash in Olympic Games and creating more successful literatures about kurash and investigations. It can be said proudly that there are any opportunities to enhance and improve science, education, sport and other fields.

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