

BUKHARA STATE UNIVERSITY

**THEORY AND METHODOLOGY OF
FREEWRESTLING**

TEXTBOOK

Arslanov Kakhramon Polvonovich

ANNOTATION

This textbook is intended for students of higher educational institutions of bachelor's degree 5112000 - "Physical Education", 5610500 - "Sports Activities", master's students, coaches and athletes of children's and youth sports schools. The textbook outlines the history of the emergence and development of freestyle wrestling, the scientific basis for the formation of the concept of long-term training of freestyle wrestlers, the development of physical qualities in freestyle wrestling, technical and tactical training of freestyle wrestlers, the content of the main curriculum for initial training groups, and also provides information on training management highly qualified freestyle wrestlers.

Freestyle wrestling (English Freestyle wrestling, French Lutte libre) is one of the types of martial arts. This is evidenced by the actions of the two wrestlers using several sports techniques. Unlike Greco-Roman wrestling, in this sport the wrestler can be held by the legs. Freestyle wrestling has been included in the program since 1896, when the modern Olympic Games began.

Since ancient times, the national wrestling styles of many nations have included methods used in modern freestyle wrestling.

Wrestling competitions similar to freestyle wrestling were included in the program of the Olympic Games held in Greece from 708 BC.

Modern rules of freestyle wrestling were developed in Great Britain in the second half of the 19th century. In 1894, the first major competition was organized in St. Louis, USA. Freestyle wrestling competitions have been included in the program of the modern Olympic Games since 1904. The International Amateur Wrestling Association (FINA) was created in 1912 with the aim of developing the games and types of Greco-Roman wrestling; its members are 154 countries (since 1992 - Uzbekistan). The World Freestyle Wrestling Championships have been held among men since 1951 and among women since 1995.

In the analysis of the historical roots of modern wrestling, leading experts in this field (N.M. Galkovsky, A.Z. Katulin, N.G. Chionov, N.N. Sorokin, R. Petrov; Uzbek scientists: A.K. Atoev, F. .A. Kerimov, N.A. Tastanov, R.S. Salomov, R.D. Kholmukhamedov) argue that the struggle is primitive communal, they argue that it appeared as a means of struggle for survival during times of system. The emergence of working tools and their increasing complexity place new demands on every member of society. In order to master new movements perfectly, a person needs to specially prepare his body. Games and fights were organized to test dexterity, strength and other physical qualities.

Archaeological excavations and literary sources show that struggle occupied a leading place in the development of civilization. Its geographical distribution is

remarkable, stretching from the western Himalayas to the eastern Mediterranean, from ancient Greece to the African continent. The first clear information about the struggle in historical sources appeared in AD. Belongs to the 3rd century. More than 400 paintings were found in the tomb of Beni Hassan in Ancient Egypt (2600 BC) depicting wrestling techniques similar to modern sports techniques.

The present development of wrestling In the special schools of Palestra, which originated in Ancient Greece, boys and teenagers were taught various wrestling techniques under the guidance of experienced trainers. In the early period, Greek wrestling was of a violent nature, and competitions continued for a long time. The rules of wrestling competitions were first explained by Theseus, the founder of the city of Athens. According to the rules, the fight was carried out only on the feet; the winning wrestler had to knock the opponent to the ground 3 times; there was no classification by weight.

During the crisis of Greek culture and Roman rule, the struggle remained in Italy and France, where it was adopted by the Celts and spread throughout Europe. At the end of the 18th and beginning of the 19th centuries, modern classical wrestling began to take shape in Europe. Its basic principles were formed in France, where the first manuals on the study of wrestling techniques were published and certain competition rules were adopted. In the middle of the 19th century, classical wrestling was brought to America, where it began to develop in a new direction: new techniques were developed that allowed leg holds, kicks, jerks and other leg movements. This type of wrestling was called “free American wrestling.” This type of wrestling has many supporters and was included in the Olympic Games in 1904.

Since American freestyle wrestling gained its prestige and place at the Olympic Games, the best Soviet coaches and athletes gathered in Tbilisi in 1944 with the goal of winning this type of wrestling. In 1945, the championship of the former Soviet Union was held for the first time in order to form a national team and prepare for the Olympic Games. Since this year, all-Union competitions in

freestyle wrestling have been constantly held: since 1953 - all-Union competitions among teenage boys; since 1955 - competitions among rural athletes. Since 1956, freestyle wrestling has been included in the program of the Spartakiad of the countries of the former Soviet Union; later it was included in the program of the All-Union Youth Games and the All-Union Spartakiad of Schoolchildren.

