



DEVELOPMENT OF WOMEN'S WRESTLING IN KARAKALPAKISTAN

Journal Website:
<https://theusajournals.com/index.php/ijp>

Copyright: Original
content from this work
may be used under the
terms of the creative
commons attributes
4.0 licence.

Submission Date: March 12, 2024, Accepted Date: March 17, 2024,

Published Date: March 22, 2024

Crossref doi: <https://doi.org/10.37547/ijp/Volume04Issue03-06>

Yakupbaev Alisher Alimbaevich

Teacher of Nukus branch of Uzbekistan state university of physical culture and sports, Uzbekistan

ABSTRACT

The article is devoted to the history of women's wrestling in Karakalpakstan. The author notes the poor study of this topic in the historiography of Karakalpakstan. The patterns of development of this sport are revealed. They present the creative path of coaches who contributed to the development of women's wrestling in this region. Reveal problems and achievements. In conclusion, a conclusion is made about the trends in the expansion of women's wrestling in the republic, about the need for further research within the framework of modern achievements of national history, and the development of theoretical and methodological foundations of the problem.

KEYWORDS

Historical research, women's freestyle wrestling in Karakalpakstan, sports women, trainer, sport achievements.

INTRODUCTION

In modern Uzbek society, a woman began to take an active life position in activities. The change in the social status of a woman and her role in society has led to the transformation of moral and ethical norms and the rethinking of traditional social values. In the conditions of modern Uzbek reality, a woman achieves greater independence, independence, freedom of choice in

professional activities, and strives for career growth. She has new opportunities to realize her ambitions and plans. The sphere of physical culture and sports is no exception. Currently, there is a passion for girls in men's sports, such as football, hockey, boxing, freestyle wrestling, etc. What incentives and motives drive female athletes? First of all, this is the desire to

achieve physical perfection, personal self-realization, setting a sports record, public recognition, etc. In 1912, the International Committee for the Supervision and Conduct of Amateur Wrestling Competitions was established. In 1921, this committee was transformed into the International Amateur Wrestling Federation (FILA). On September 7, 2014, at the FILA Congress in Tashkent, it was decided that the main name of the international federation would be the English name United World Wrestling (from English - United World Wrestling).

In modern Uzbek society, women's freestyle wrestling is becoming a socially significant sport. Its official origin in Uzbekistan can be attributed to 2000, when the Uzbek Freestyle Wrestling Federation adopted the current decision “On the Development of Women's Freestyle Wrestling”. By the 1980s, women's freestyle wrestling had spread to all countries of the world. But the world championships in women's freestyle wrestling began to be held much earlier in 1987 on October 24-25 in Lorenskog (Norway) under the auspices of the International Federation of United Styles of Wrestling (FILA).

The first world championship in women's freestyle wrestling was played for medals in 9 weight categories.

weight categories	gold	silver	bronze
up to 44 kilograms	Brigitte Veygert (Belgium)	Anne Yonsen (Norway)	Syoko Yosimura (Japan)
up to 47 kilograms	Anne Xolten (Norway)	Lini van der Xolst (Netherlands)	Satomi Sugavara (Japan)
up to 50 kilograms	Anne Marie Xalvorsen (Norway)	Kyoko Fukuda (Japan)	Martin Pupon (France)
up to 53 kilograms	Silviya van Jyush (France)	Line Ioxansen (Norway)	Stine Ioxansen (Norway)
up to 57 kilograms	Izabel Durt (France)	Silviya Mare (France)	Sile Xyouland (Norway)
up to 61 kilograms	Ine Barle (Norway)	Akiko Iidzima (Japan)	Pia Buxxolc (Denmark)
up to 65 kilograms	Bridjit Erlen (France)	Dorte Pedersen (Denmark)	Kimie Xosikava (Japan)
up to 70 kilograms	Jorjet Jan (France)	Rika Ivama (Japan)	Xege Reyntan (Norway)

up to 75 kilograms	Patrisia Rossinol (France)	Miyako Simidzu (Japan)	-
--------------------	----------------------------	------------------------	---

In 2004, women's freestyle wrestling was included for the first time in the program of the Olympic Games in Athens, medals were awarded in 4 weight categories

weight categories	Gold	Silver	Bronze
up to 48 kilograms	Irina Merleni (Ukraina)	Tixaru Ityo (Japan)	Patrisiya Miranda (USA)
up to 55 kilograms	Saori Yosida (Japan)	Tonya Verbik (Canada)	Anna Gomis (France)
up to 63 kilograms	Kaori Ityo (Japan)	Sara Makmenn (AQSh)	Liz Legran (France)
up to 72 kilograms	Van Syui (China)	Gyuzel Manyurova (Russia)	Kyoko Xamaguti (Japan)

In 1998, the Wrestling Association of Uzbekistan was established. In accordance with the charter, the Wrestling Association of Uzbekistan develops such a sport as wrestling, which includes freestyle wrestling (women). The origin of women's freestyle wrestling in Karakalpakstan dates back to 1998-2000. According to A. Sharashenidze, the honored coach of Karakalpakstan, the first open freestyle wrestling championship among women youths was held in 2000, the beginning of the development of women's wrestling in Uzbekistan. But preparations for these responsible competitions began long before they were held. Since 1998, a section on women's wrestling began to work in Karakalpakstan, in which Ainura Artykbaeva, Ulzhan Tazhimuratova, Ainura Zhapakova and others were engaged, their coach was A. Sharashenidze. Ainura Artykbayeva 2000 at the

Championship of Uzbekistan became a bronze medalist in the weight category up to 52kg. A year later, she became a champion. In 2002, she won first place at the International Tournament in Bishkek.

Their first coach is A. Sharashenidze. He is rightfully considered the founder of women's freestyle wrestling in Karakalpakstan. In 2006, the Karakalpak school of women's freestyle wrestling was replenished with young athletes. A huge contribution to the development of women's freestyle wrestling in Karakalpakstan was made by B. Kalimbetov as a wrestler and as a coach. For the first time, N. Gadaeva came to the section, who later achieved high results in women's freestyle wrestling. In 2010, N. Yesenbaeva Sh. Dzhulibaeva A. Keulimzhaeva L. Orynbaeva B. Baltaniyazova joined the team. Subsequently, they

became part of the team of the Uzbekistan women's freestyle wrestling team. A great contribution to the development of sports women's wrestling in Karakalpakstan was made by N. Gadaeva, master of sports of international class N. Gadaeva (b. 1993) began to engage in women's freestyle wrestling in 2005.

The name of Nabira Yesenbaev (b. 1998), an international class master of sports in women's freestyle wrestling, is widely known. She began to engage in women's freestyle wrestling in 2010 under the guidance of coach B. Kalimbetov. In 2012, she achieved significant results in women's wrestling, becoming the champion of Uzbekistan among juniors. 2014 at the Asian Championships in women's freestyle wrestling took a bronze medal among juniors. A year later, she became the champion of Asia among juniors. In 2014, athletes from Uzbekistan won the team-wide third place at the Asian Championship, which was held in Thailand, where the team included girls from Karakalpakstan, and 5 girls won a bronze medal.

It should be noted that the athletes of Karakalpakstan achieve good results this year. Of these, A. Keulimzhayeva won first place in the 5th Islamic Games. D. Aimbetova won a bronze medal in the 5th Islamic Games. U. Yesenbayeva won a bronze medal at the Asian and World Championships. F. Yesenbayeva won a bronze medal at the Asian Championship. A serious role in the development of women's wrestling and achieving good results is played by the Wrestling Association of Karakalpakstan, which was established in 2010. Which included Greco-Roman, freestyle and women's wrestling. For a relatively short period of work in accordance with the plan for the development of wrestling 2010-2015. the material and technical base has been significantly strengthened. In cooperation

with the Wrestling Federation of Uzbekistan, five wrestling mats were received free of charge.

In conclusion, it should be noted that in the present period there is a trend of a steady expansion of the social significance of women's wrestling. The educational, educational and health-improving value of this sports discipline is of great importance. The prestige of the competition is increasing. Sports women's wrestling is becoming one of the most popular sports among women and girls and is developing very successfully in the cities and all regions of Karakalpakstan. At the same time, the history of women's wrestling in Karakalpakstan has not yet become the subject of research. Regularities, internal and external factors in the development of women's freestyle wrestling in Karakalpakstan have not been studied. Until now, historiography has not been developed, the source base has not been worked out, which would contribute to the development of new problems for historical science in the development of wrestling in Karakalpakstan. Methodologically important are the specific methods, approaches and methodology for studying the history of women's wrestling in Karakalpakstan, which would make it possible to link the explanation of specific sporting events with the events and phenomena of national history. That is, without historical insight into the essence of the problem, it is impossible to study the history of women's wrestling in Karakalpakstan. And, finally, there are no research works in higher educational institutions that would have a high practical significance for the further development of wrestling in Karakalpakstan.

REFERENCES

1. Alimbaevich, Y. A., & Mukhtarovna, A. D. (2022). Influence of Free Wrestling on Physical Student Development in Karakalpakstan. *Eurasian Journal of Learning and Academic Teaching*, 7, 93-95.
2. Bakhodirovich, J. U. (2024). The methodology of developing the strength qualities of qualified young freestyle wrestlers.
3. Жарылкапов, У. Б. (2023). КУРАШЧИЛАРНИНГ ЖИСМОНИЙ ВА ТАКТИК ТАЙЁРГАРЛИГИНИ РИВОЖЛАНТИРИШ МАСАЛАЛАРИ. *Fan-Sportga*, (2), 110-111.
4. Vaxadirovich, J. U., Polatovich, Q. R., & Koptileovich, T. M. (2022). Peculiarities of planning freestyle wrestling training sessions. *Texas Journal of Multidisciplinary Studies*, 5, 59-62.
5. Жарылкапов, У. Б., & Алимбетова, А. (2022). ЭЛЕМЕНТЫ ГРЕКО-РИМСКОЙ БОРЬБЫ В ПРОЦЕССЕ ЗАНЯТИЙ ПО ФИЗИЧЕСКОМУ ВОСПИТАНИЮ. In *Развитие отраслей АПК на основе формирования эффективного механизма хозяйствования* (pp. 530-532).
6. Жарылкапов, У. Б., & Жолдасов, А. (2022). ТАКТИЧЕСКАЯ ПОДГОТОВКА БОРЦОВ ЖЕНЩИН. In *Развитие отраслей АПК на основе формирования эффективного механизма хозяйствования* (pp. 532-534).
7. Jarilkarov, U. B., Qaljanov, R. P., & Tolibaeva, D. K. (2024). DEVELOPMENT OF JUMPING ABILITY IN VOLLEYBALL PLAYERS BY MEANS WEIGHTLIFTING STRENGTH EXERCISES. *International Journal of Pedagogics*, 4(01), 74-80.
8. Тойлибаев, С. М. (2019). Некоторые особенности профессиональной деятельности студентов факультетов физической культуры. In *Современные векторы развития образования: актуальные проблемы и перспективные решения* (pp. 148-150).
9. Кузнецова, Е. Т., Турдымуратов, Ж. А., & Тойлибаев, С. М. (2022). Организация стажировок как одна из важных составляющих дополнительного образования преподавателей.
10. Тойлибаев, С. М. (2023). ОСОБЕННОСТИ ОСНОВНОЙ ГИМНАСТИКИ В ПРОФЕССИОНАЛЬНОЙ ДЕЯТЕЛЬНОСТИ СТУДЕНТОВ УНИВЕРСИТЕТОВ ФИЗИЧЕСКОЙ КУЛЬТУРЫ И СПОРТА. In *Проблемы и перспективы развития спортивного образования, науки и практики* (pp. 241-245).
11. Тойлибаев, С. М. (2021). ОСОБЕННОСТИ ИСПОЛЬЗОВАНИЯ ТЕРМИНОЛОГИЧЕСКИХ СРЕДСТВ ОСНОВНОЙ ГИМНАСТИКИ В СТАНОВЛЕНИИ СПЕЦИАЛИСТОВ ФИЗИЧЕСКОГО ВОСПИТАНИЯ. In *Проблемы и перспективы развития спортивного образования, науки и практики* (pp. 334-337).