© Eurasian Journal of Sport Science 2024; 1(2): 150-154
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Improvement of the system of training of kurash specialists on the basis of foreign experience

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Abstract

Purpose: development of proposals and recommendations to improve the system of training of Kurash specialists on the basis of foreign experience.

Methods: The study used the methods of literature analysis, study of practical experience of kurash specialists, survey, SWOT-analysis, analysis of training and competitions, pedagogical observation, testing, pedagogical experience, mathematical statistics.

Results: According to official sources, the countries with the highest levels of physical activity in the world include the Netherlands, Germany, Romania, Russia, Hungary and India. A literature review found that the global population spends an average of more than 6 hours per week on physical activity. The results of the study revealed that different sports and types of physical activity have different levels of popularity in the world. It was determined that 20% of the world's population engages in fitness, 19% of the population engages in running and 13% of the population engages in cycling.

According to the experience of training sports coaches, different approaches and practices are used around the world. For example, in Germany, sports coaches are trained at the German Sport University Cologne. The duration of a Bachelor's degree at the German Sport University is 3 years and 6 semesters. In total, a total of 180 credits will be required to acquire knowledge and fulfil the qualification requirements in the areas categorised into 7 tracks. In China's experience, Beijing Sport University (Beijing Sport University) is considered an important educational institution in the country, specialising in physical education and sport training, national programme development and the preparation of academic and teaching degrees.

Conlcusion: The scientific description of the group of Kurash techniques and its application in the educational process had a positive impact on improving the methodology of training future specialists in Kurash. As a result, the indicators of mastering the group of Kurash techniques by future specialists made 82.7 points. As a result of application of the catalogue of terms on the basics of kurash technique in the educational process of training of specialists, the opportunities of future specialists to learn kurash increased. According to the results of the experiment, the level of knowledge of the basics of Kurash technique of future specialists increased to 79.2 points. To improve the knowledge and skills of foreign and domestic specialists in kurash, a classification of techniques was developed. The results based on this approach had a positive effect on improving the ability to master the techniques of kurash, and the average score reached 79.7. LEARN KURASH' educational platform, aimed at increasing the possibility of independent learning of specialists, became the basis for effective mastery of knowledge of kurash techniques. The effectiveness and efficiency of this educational platform was confirmed on the basis of experiments conducted.

Keywords: Kurash training, physical education and sports, terms, publications of other categories, analysis of scientific and methodological sources

Introduction

In the world experience, there is an increasing amount of research and development aimed at training specialists in physical education and sport. The international scientific community has recognized that the training of specialists is the most important factor in the development of innovative methods of training athletes and achieving high results in international sports competitions. In modern conditions of sports development one of the most important issues in modern conditions is the training of specialists in physical education and sports, improvement of their professional training, creation of the system of training specialists according to international standards. In particular, it is necessary to create a system of training specialists in Kurash on a scientific basis taking into account international experience and to improve the system of professional cadres.

Kurash is one of the priority sports in the Republic of Uzbekistan, and sports results achieved at the international level reflect the state of development of this sport. Today, the task of "training of professional kurash coaches, judges, development of teaching aids, strengthening the scientific and methodological base of kurash" is one of the urgent tasks. Trends in the training of professional kurash personnel, improving the qualifications of judges and coaches in our country are the result of systemic reforms in this area. Analysis of the theory and practice of kurash shows the need to organize the training of specialists on the basis of advanced foreign experience, the use of effective and efficient methods in the training of kurash coaches and professional staff, expand-

ing the amount of scientific knowledge about kurash. For this reason, there is a need to develop competitive forms of training of highly qualified specialists in kurash, in particular, to improve the system of training of professional personnel in kurash on the basis of international experience.

Research work on Kurash has been carried out in leading universities and research institutes in the field of physical education and sport in foreign countries. In particular, advanced experiments were conducted at universities such as the Federal University of Rio de Janeiro [Brazil], the University of Rome Tor Vergata [Italy], the University of Coruña [Spain], the Korean Sports and Olympic Committee [South Korea], and the University of Rennes [France].

Methods

The study used the methods of literature analysis, study of practical experience of kurash specialists, survey, SWOT-analysis, analysis of training and competitions, pedagogical observation, testing, pedagogical experience, mathematical statistics.

Results and discussion

Analysis of the sources of kurash has shown that a number of works have been carried out aimed at the study of historical, philosophical, socio-pedagogical and scientific foundations of this sport. In particular, the works of such scientists as A.Atoev, U.Ibrohimov, N.Azizov, O.Toimurodov, K.Yusupov, J.Toshpulatov are aimed at effective implementation of training of Kurash players, organization of competitions and training of Kurash. The research works of a number of other scientists scientifically studied the philosophy of kurash, techniques of utrash and its socio-pedagogical significance. For example, studies by J.Tulenov, A.Askarov, M.Murodov, I.Jabborov, T.Javliev, U.Karaboev, T.Odilov, T.Obidov, U.Koraboev, H.Bobobekov, F.Akhmedov and A.Abdulakhatov focused on the above issues. These research works provide valuable information on kurash, scientifically substantiated the issues of educating young people in the spirit of patriotism, inculcating in them the ideas of respect for national and universal values through kurash.

The results of the conducted analysis and research confirmed that scientific publications on kurash today are not enough to fully describe the scientific basis of this sport and enrich the scientific “image” of kurash. The quantitative assessment of sources on kurash in international databases is described in Table 1.

Fig 1. Distribution of publications on kurash by different research areas

Research areas	Publication number	Percentages (%)
History of Kurash	524	53,36
The philosophy of kurash	286	29,12
Kurash training	156	15,88
Others	16	1,62
Total	982	100

The study found that publications on kurash are divided into different fields (e.g., psychology of kurash, physiology of kurash, biomechanics, etc.). The findings revealed that more than 53% of the existing publications are mainly related to the history of the kurash. The sources of this category are aimed at revealing the origins and historical foundations of the kurash. 29.12% of publications are devoted to the philosophy, social and pedagogical significance of the kurash, and more than 15% of publications are devoted to the organization of athletes' training and training process. The study revealed that publications of other categories, in particular, such research areas as psychology of kurash, physiology, injury prevention in kurash, account for only 1.62% (Table 2).

In the course of the study, the opinions of international and local experts on kurash were determined on the basis of a questionnaire. According to the content of the questionnaire, the respondents were asked to identify the most important areas of research related to kurash. The results of the survey of 74 foreign experts on kurash confirmed the necessity of researching certain directions of kurash in the current

Table-2. **Different uses of the terms of the Kurash**

Official name	In practice
In Uzbek	
Kurash	Milliy kurash Uzbek kurashi Uzbek milliy kurashi
In Russian and English	
Кураш	Борьба кураш Национальная борьба кураш Узбекский борьба «кураш» Wrestling Uzbek Wrestling National Uzbek Wrestling Kurash

conditions of development of this sport. In particular, 78% of the votes of the survey participants showed that it is necessary to develop a classification of kurash techniques. The development of a catalog of terms related to the basics of kurash techniques was noted as the second level direction (56%), and the need for knowledge of the issues of coaching and refereeing was indicated as the third level direction (14%).

When comparing the ratio of physical loads in different intensity zones, it was found that the main 'work' is done in the 2nd-3rd and 5th intensity zones compared to the total training time. An average of 104±12 minutes was spent on the analysed exercises, with exercises

Table-3. **Comparative analysis of Kurash techniques according to IAK classification and training programmes**

IAK classification	In training programmes
Yeng Yoqa	Over my shoulder, holding my arm and collar
Teskari yelka	Grabbing the collar
Ichkaridan oyoq bilan	Lifting one leg from inside the opponent's legs
Engashib yelka	Over my shoulder, half sitting on my lap.
Yelka oldidan chalish	Knocked down with your feet, holding the sleeve and collar in place
Orqadan chalish	Kick back
Ichki ildirma	Falling backwards with the foot dangling from the inside of the legs
Orqadan chalish	Hanging from the back of the heel
Ildirma	Throwing an opponent by the leg
Qoshsha boldir	Raising the arm above the waist using the legs

performed in the 2nd intensity zone accounting for 34±2 minutes (33%) and exercises performed in the 3rd intensity zone accounting for 19±3 minutes (18%). Exercises performed in the maximum intensity zone accounted for 15% of the total exercise time.

The analysis of curash training programmes confirmed that it is taught differently in educational institutions specialising in training specialists. In particular, some educational programmes still use the names 'milli kurash' and 'Uzbek kurashi'. However, the relevant Decree of the President of the Republic of Uzbekistan names kurash as one sport and defines specific tasks to create a brand of kurash. Nevertheless, as a result of the study of educational programmes, it was found that there are still cases of naming and branding kurash with various additional names (Table 3). Based on the analysis of training programmes, it should be noted that there are inconsistencies between the International Kurash Association (IKA) Kurash classification techniques and existing training programmes. Kurash techniques developed by the IAK are available under other names in the respective official training programmes that are used in practice. A comparative analysis of the Kurash techniques approved by the IAK and the name presented in the training programmes is presented in Table 4.

On the basis of experiments it was established that the pre-competition psychological state of kurashists of different qualification and gender, as well as the level of fear of defeat are different. It was confirmed that the level of psychological anxiety in women before and during the competition is significantly higher than in men. In particular, the pre-competition scores of women were equal to 46.6532, while in men the average score was equal to 45.5783. A significant statistical significance was observed between the results (t-6.506, $p \leq 0.001$). It was also found that checks during competition were significantly higher in female curlers than in males. Specifically, the mean score for women was found to be 45.4821 and 42.6268 for men (t-5.8396, $p<0.000$) during the tests during competition.

It was also shown that the technical and tactical actions of winners and losers in competition and pre-competition psychological performance were logically related to each other. The findings showed that the state of pre-competition anxiety in the defeated athletes was equal to 20.71 and in the winning Kurashis was equal to 19.07. The sum of technical-tactical actions (TTD) in the defeated Kurashists was equal to 8, and in the winners this result was equal to 11. In terms of effective technical and tactical actions (ETE), the average result of the defeated Kurashis was 1, while the winners had 2. The study also found that there is a positive correlation between fear of defeat and pre-competition psychological state of kurashists of different age and gender.

Conclusion

As a result of the analysis of scientific and methodological sources, it was found that research works and dissertation studies have not been conducted within the framework of improving the scientific and methodological foundations of training specialists in kurash. In modern conditions of kurash development on the basis of generalisation of specialists' opinions and theoretical analysis it is confirmed that the necessity of training specialists in this sport is extremely high. A number of scientific and methodological works on the development of kurash, training of specialists and organisation of trainings have been carried out. However, it was found that the existing scientific and methodological literature, training manuals and textbooks do not fully meet the trends in the development of Kurash. As a result of the conducted experiments, the importance of improving the scientific and methodological foundations of Kurash in further popularisation of Kurash and increasing its international reputation has been confirmed.

It is necessary to review the quality of teaching of kurash, training of specialists in this sport, to improve educational programmes and plans in profile universities of Uzbekistan. It is necessary to announce competitions for foreign citizens to study in the field of kurash and conduct scientific research at the doctoral level and provide them with privileges. It is important to attract local and foreign grants for scientific research on kurash and to establish co-operation with foreign scientists in the development of kurash.

Curriculum and educational platform aimed at improving the scientific and methodological basis of training of kurash specialists will improve the knowledge, skills and qualifications of future specialists, foreign and domestic kurash specialists, as well as their self-study.

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Research interests
Kurash, Physical education and sport, Kurash technique, IKA, Theory of physical education, Analyzing of sport competitions, history of kurash