

Kurash Methods for Incorporating National and Universal Values in Students

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Annotation: In this article, we are extremely pleased that the sport of Kurash has turned from a national value into a universal value. Information about the fact that kurash is a national and universal value is presented.

Key words: Kurash, sports, development, popularization, international competitions, individuality, value, bravery, courage, tolerance, patriotism, pedagogic scientists, coaches, and referees.

The conditions, characteristics, functionality, effectiveness, and uniqueness; composition; religion and state relations; knowledge; skills; and competences of kurash are based on modern, scientifically-based, universal values. Development and scientific research aimed at studying ideological beliefs, moral norms, and requirements have been launched. In these studies, value as a factor against various harmful ideas and concepts is based on the expression of modern laws and regulations of a person's economic, spiritual, ideological, and religious relations in society. A number of works are being carried out to popularize, develop, and introduce kurash our national sport, which embodies the ancient values of our country, in particular, the ideas of bravery, bravery, patriotism, and humanism, and to turn this value into a universal masterpiece. At the same time, the increasing popularity of kurash calls attention to the organization of prestigious international competitions, the modernization of the existing infrastructure and material and technical base, the improvement of the supply of sports inventory and clothing, the expansion of production in this regard, as well as the training of qualified personnel, coaches, and referees for the industry. requires further strengthening.

"Conveying the rich traditions and values of the sport of kurash inherited from our great ancestors to future generations," increasing the role of kurash in the world arena under the name of the Uzbek sports brand, kurash the sense of patriotism among young people by supporting and encouraging their interest in national sports, all stratum of the population, especially There is a desire to create the necessary conditions for young people, as well as people around the world, to engage in this type of sport.

A number of works are being carried out to popularize, develop, and introduce to the world kurash, which is our national sport and embodies the ancient values of our country, in particular the ideas of bravery, bravery, patriotism, and humanism, and to turn this value into a universal masterpiece. At the same time, the growing popularity of kurash calls attention to organizing prestigious international competitions, modernizing the existing infrastructure and material and technical base, improving the supply of sports inventory and clothing, expanding production in this regard, as well as training qualified personnel, trainers, and referees for the industry. Requires further Kurash. "Conveying the rich traditions and values of the sport of kurash inherited from our great ancestors to future generations," increasing the role of kurash in the world arena under the name of the Uzbek sports brand, strengthening the sense of patriotism among young people by supporting and encouraging their interest in national sports, all strata of the population, especially there is a desire to create the necessary conditions for young people, as well as people around the world, to engage in this type of sport. A.K. Atev, F.A. Kerimov, O. Toymupodov, J. Toshpulatov, O'.I. Ibragimov, J. Tursunov, K.T. Yusupov, A. Obidov, D. Nurjin, I.H. Boymurodov, B.D. Berdikulov, and Kh.P. Akhmedov from the pedagogic scientists of our republic

Effective ways of training young people in the spirit of patriotism, technical-tactical development, and popularization of kurash have been researched.

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D. Gierczuk, Magnani Branco, V. Lyakh, J. Sadowski, Z. Bujak, J. Simenko, M. Ipavec, J. Vodicar, S. Rauter, A. Tavares Junior, and A. Drigodelar, foreign scientists who participated in kurash in world sports, studied its philosophical, pedagogical-psychological, social, and spiritual-educational aspects. According to the results of the research, it is known that the therapeutic significance of kurash and the teaching of old age to students have not been fully researched. In addition to this, we have taken the topic "Guide to Promoting National and Universal Education for White Students of kurash " as part of our research.

The task of research

- determining the content of the pedagogical process of teaching national and universal standards to students with disabilities as part of the complex development of their social quality, as well as the integration of educational and educational integration;
- investigate the best way to raise national and international standards for students with exceptional athletic abilities while also developing their professional and physical abilities;
- to improve the methodology of teaching social studies to students with disabilities by fully utilizing innovative technology in the comprehensive development of students' social qualities, as well as the methodology of teaching national and general education to students with disabilities.
- to develop a system for integrating intellectual, spiritual-ethical, ecstatic, work-oriented, emotional-behavioral, and other aspects.

The active activity of the student of the Faculty of Social Culture, the determination of the student in the practical acquisition of knowledge and the striving for the goal, is carried out in the context of the practical application of the acquired knowledge and the self-evaluation of his intellectual, emotional, and behavioral qualities.

The following is the research's scientific novelty:

The content of pedagogical activities (agility, dexterity, strength, and endurance) and the components of the complex development of social character (a healthy lifestyle, hard work, and talent) were defined in the process of integrating the unity of education and training in the process of developing national and universal standards for students with disabilities;

- Factual materials in the process demonstrate general physical multipliers (agility, dexterity, strength, and endurance), pedagogical requirements (skills, abilities, movement techniques, performance methods), and intellectual (mental), spiritual-ethical, aesthetic, and work educator requirements that influence the instillation of national and universal values in students through struggle, emotional-volitional characteristics (courage, determination, self-confidence).
- improved the teaching methodology of social education by making full use of the innovative technology of complex social development ("Integration," "Education to Always," "Potassium") in the process of developing national and universal education for white students;

The use of components (meaningful, technological, and analytical), the development of students' competence (design, intensive research, research), the use of pedagogical digital tools, etc., have been identified in the analysis.

National values of physical culture	
Moral values	Material values
The role and importance of physical exercises and active games, national sports in the formation of individual spirituality in the upbringing of a mature generation	Material historical items related to folk games and sports
Interpretation of personality perfection in the way of life of the population, folklore and written literature	All the modern sports facilities and equipment of today
Physical fitness of a person in the scientific views of thinkers	People's level of physical fitness, results in sports
Modern, scientific, spiritual, educational wealth of physical culture	Means of physical education (physical exercise, nature, hygienic environment)
National sports: "Kurash ", "Belbog'li kurash ", "Turon yakka kurashi ", "Uzbek jang san'ati", "Uloq-ko'pkari"	

Kurash white-collar students are expected to fulfill the following functions in the promotion of national and international education:

1. To train students and young people to study, live, and be active in society in order to promote national and universal education.
2. Training the student-young person to become a future teacher, a student of this country.
3. Student-teacher-youth relationships to promote CTM to the general public.
4. The content and essence of the concept of the game designed for pedagogic higher education students were explained in accordance with the two main creative aspects of the concept of "inculcating national and general education for students with special needs."

Values refers to the overall social, economic, and spiritual aspects of incon life. Values will be material and spiritual, national and universal. Among them, the Uzbek nation has its own tradition. Kurash is our national tradition. A lot of scientific research work has been carried out by our public scientists in the field of the study of the past and the analysis of the past. This can be done in scientific literature, articles. A new worldview, self-awareness, knowledge of language, respect for our mother tongue, loyalty to one's homeland, and love for tradition are inculcated in the young generation.

There are many national games and sports that are associated with the history of our nation. One of those sports is kurash. All the results of scientific research show that there are new opportunities for restoring values and promoting them in the processes of the kurash sport.

All the results of scientific research show that new opportunities have arisen in the process of restoring values and promoting them in the processes of kurash. According to the source, values are divided into national and universal values in terms of form and content.

Being a national historical and social phenomenon, it encompasses the national culture, customs, and traditions, as well as the total material and spiritual wealth and economic and social aspects of the nation's life. The question about the nationality of the person is not only an idea but also a feeling. As long as there are nationalities and national ideologies, there will be no national traditions. Attempting to imprison the nation in its national tradition is the biggest mistake in the face of religion and faith. The material and spiritual development of the nation, which marked the nation's cross, virtues, emotions, and material and spiritual development during its time, occupies a central position in national development.

One of the most important forms of ethics is universal ethics, which requires adherence to universally accepted ethical principles.

General education has a general significance that is deeper and wider than national and regional education. The general agreement is in line with the goals and aspirations of every national and regional educational system. The general agreement is in line with the goals and aspirations of every nation. No nation can develop without using the culture and spiritual achievements of its people.

National values are the sum of all the material and spiritual wealth created in the course of the historical development of certain peoples, nations, and peoples. In the broad sense, the national culture forms the content of the communication that represents the interests and interests of a particular nation's people, and in the broad sense, it expresses the sum of the communication that represents the interests and interests of the people living in a certain country.

The formation and development of the national tradition are inextricably linked with the life, customs, traditions, culture, customs, language, past, and future of a particular nation. Only when the spirit of a nation matches its national spiritual needs and requirements, it will have the opportunity to take deep root in the life of this nation.

Forgotten values and traditions were revived. The issue of developing kurash as a national sport and bringing it to the international arena was put on the agenda.

National values and traditions provide the national language, national spirituality, national identity, national spirit, national customs, and forms of development of national traditions in youth education. The Uzbek people have preserved the tradition of kurash like an apple of their eye, carefully passing it down to the next generation and bringing it to this day. Its existence does not depend on the will of some individuals.

This tradition is the spiritual wealth of this people, born out of the needs and requirements of life. Kurash is a symbol of the pride and power of our traditional people, and it is of inestimable value in training our young men and women to be dexterous, brave, strong, humble, hardworking, and patriotic.

Uzbekistan expressed to the whole world community that it has chosen the path of deep respect for universal human values and the priority of universal principles in culture. Our first president, I.A. Karimov, said that the main source of the power of independent Uzbekistan was the loyalty of our people to the universal talents of our people.

Due to a number of factors, the issue of values has become one of today's most pressing issues.

First of all, the development of society creates unprecedented situations. This, in turn, created the problem of re-examination or completely changing the direction of value.

Secondly, it has become clear that value orientations cannot be tied solely to societal consciousness, and the scientific objective approach should never be used to dismiss the axiological approach.

The first and most universal of values is life itself, for the deprivation of life destroys the use of all other values. Other types of values—in fact, the essence of the blessings of life—are cultural traditions.

The issue of restoring dignity and determining its place in education is still an urgent task.

The qualities of struggle, which is our national tradition, are classified by the author as follows:

- Kurash is an Uzbek sport.
- Kurash is a modern international sport.
- Kurash is the most efficient and effective method of training;
- Rules, fortune-telling, and inconsistency are associated with kurash.

- Kurash brings people closer to the beep-beep of the world.
- Kurash is a sport that requires qualities such as honesty, courage, and honesty.
- Kurash fosters an independent worldview and free thinking, teaching people to live by relying on their knowledge and strength.
- Kurash necessitates a high level of physical maturity on the part of the athlete.
- Kurash is the essence of historical great people's lives and activities."
- Folklore interpretations of the kurash differ from thinkers' perspectives;
- Kurash is an important part of festivals and folk performances.
- Kurash necessitates and cultivates high moral qualities.
- Kurash is a means of instilling national and universal values in young people.
- Kurash is the national sport.
- From the distant past to the present, kurash has been an eternal national sport of the Uzbek nation.

It is defined as a functionally separated activity of students of higher education institutions, which is understood in the advanced form of learning in its components: goal, motive, method, inspection, correction, and evaluation actions. Thus, it was determined that the personal origin of educational activities during the period of study in pedagogical higher education institutions can be divided into three categories. Throughout these three stages, the individual distinguishes educational activity as a system of self-regulating and self-organizing mental processes with a reproductive and productive character. A prominent feature of this advanced form of learning among students is the introduction of new educational goals and tasks. It happened that in the first two academic years of pedagogic institutions of higher education, it was possible to include the student in the layer of self-management activity by organizing certain educational activities. The concept of educational activity comes from the fact that a student enters the educational process with a certain level of personal development, participates in this process, and at the end of his studies is left as a relatively highly developed person. This process is a unity of learning, teaching, and work processes related to teachers of pedagogical higher education institutions.

The main goal of the pedagogical process is the formation of the personality, the development of the worldview, activity, the ability to work independently, and the future preparation of higher education graduates. This goal shapes and embodies the culture, components, and levels of the individual. Independent education is the highest indicator of achieving this goal in the process of pedagogical education in higher education institutions.

Kurash which has caught the world's attention, is gaining popularity and suspicion, has attracted millions, and has deep spiritual roots as one of the world's highest spiritual traditions.

The physical evidence discovered as a result of the typographer's, ethnographer's, and philosopher's research, as well as archeological scientific research and observation, proved that the cave is at least 2,500–3,000 years old. It is the first solitary cup to appear in the Movoraunnahr area. At this country's weddings and celebrations, national holidays and celebrations, brave and young men have fought and won the approval of the people since the beginning of time. The essence of kurash also teaches how to win in an honest way.

Today, national kurash federations have been established in more than 130 countries around the world, and many young people from around the world are engaged in Kurash and participate in prestigious competitions. During the trainings and competitions, the world's top fighters compete with the rules of kurash, which embody the spiritual world of the Uzbek nation and its philosophy. Furthermore, many

nationalities use the Uzbek language for "meet," "bow," "middle," "fight," "stop," "honest," and "side" in almost every region of the world (Africa, Pan-America, Europe, Asia-Oceania). He uses terms such as "chala," "reprimand," "dakki," "ghirrom," "void," "time," and "punishment." This, in turn, serves to ensure that the Uzbek nation and language are known to the world.

Our Kurash methods are fair, and according to the rules, methods that harm the health of kurashchilar are strictly prohibited. During the fight, it is not allowed to grab the player from below the waist, pull on the belt and cover him intentionally, grab the leg, bend the arms, bite, or punch. The fight involves grappling, hooking over the shoulder, kift don, returning, twisting, lifting and twisting, sideways, sliding, chil, and other techniques. We looked to the tapestry for inspiration when developing new kurash rules; that is, for thousands of years, our national games have included "uloq-kupkari", "kurash", "tosh ko'tarish" and other spectacular performances at public elections, weddings and Navruz holidays.

Kurash grew so rapidly that soon a number of Uzbek kurashchilar became known around the world for their skills and strength. Kurashchilar who really love kurash and can compete with Uzbek kurashchilari have grown up abroad. As a proof of this, the first world championship in kurash was held in Tashkent (Uzbekistan) in 1999, the second world championship in 2000 in Antalya (Turkey), the third world championship in 2001 in Budapest (Vengriya), the fourth world championship in Yerevan (Armaniston) in 2002, and the fifth world championship in 2005. Tashkent (Uzbekistan), the VI World Championship in 2007 in Ulaanbaatar (Mongolia), the VII World Championship in 2009 in Alushta (Ukraine), the VIII World Championship in 2011 in Termiz (Uzbekistan), the IX World Championship in 2013 in Istanbul (Turkey), and the X World Championship in 2015. The fact that the world Birinchili championship will be held in Khurramabad (Iran), the XI world championship in Istanbul (Turkey) in 2017, the XII world championship in Chung-ju (Korea) in 2019, and the XIII world championship in 2022 in Pune (India), XIV world championship in 2023 in Ashgabat (Turkmenistan) is proof that Kurash is spreading its wings around the world.

Thus, the educational process, including physical culture, is such a complex process that it is a special form of multi-characteristic work. It means that one labor subject (a teacher or student) actively and consciously adopts his professional role.

Taking into account the above points, we recommend the following actions for raising young people to be spiritually mature:

Educating future specialists in the field of physical culture about our national and universal values having open discussions with veteran kurashchilar and athletes holding conferences and competitions dedicated to national values conducting scientific and practical seminars on the problems of values involvement of talented student-athletes in research work.

Organization of scientific conferences dedicated to national and universal human values in our republic

- Improving methods for teaching students in the Faculty of Physical Education about national values and traditions.

Holding roundtable discussions about great figures and great generals in our history (Tomaris, Shiroq, Spitamen, Pahlavon Mahmud, Mahmud Tarobi, Jaloliddin Manguberdi, Amir Temur, Zahiriddin Muhammad Babur, etc.).

A more in-depth examination of the physical aspects of kurash:

- Taking into account and incorporating national characteristics into the educational process, relying on national traditions in this regard.

Enhancement of sports activities:

- The revitalization of traditions and values, as well as their development and enjoyment by society members, as well as the widespread application of universal values.
- Choosing methods for carrying out educational work and national and universal human values, traditions in relation to the new era, independence issues, and so on.

At the current stage of education development, the work of improving the education and training of students and, on this basis, the professional skills of our teachers, requires organization based on national and universal values. This in turn, along with the improvement of knowledge and skills, will undoubtedly have its effects on the education of feelings of patriotism, respect for the traditions of nationalism, and moral qualities. Sports, as stated by our First president, represent a healthy generation and a healthy future. Therefore, only healthy people and a healthy nation can do great things.

The development of kurash at this level is organized not only among young people but also among the elderly, which leads to the creation of a spiritually healthy way of life among those who engage in it. Due to the fact that kurash is an integral part of our moral and values, the kurash spirit is being formed step by step by the kurash coaches.

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