

## ETHNOSPORT AS A MEANS OF PHYSICAL CULTURE FOR A HEALTHY LIFESTYLE OF SOCIETY MEMBERS

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**Abstract:** The article presents theoretical data on the history of the formation and popularization of ethnosport types currently registered in our country, as well as information on the management of ethnosport in Uzbekistan.

**Keywords:** Ethnosport, national games, festivals, festivities, forums, tourist routes, local and foreign tourists, "Chillak game", "dasta chikaldaq", "movement coordination", "targeting", "muscle tension", "Navruz", "Harvest festivals", folk holidays, uloq-kopkari, ethnosport federation.

## ЭТНОСПОРТ КАК СРЕДСТВО ФИЗИЧЕСКОЙ КУЛЬТУРЫ И ЗДОРОВОГО ОБРАЗА ЖИЗНИ ЧЛЕНОВ ОБЩЕСТВА

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**Аннотация:** В статье представлены теоретические сведения по истории формирования и популяризации видов этноспорта, зарегистрированных в нашей стране на сегодняшний день, а также информация об управлении системой этноспорта в Узбекистане.

**Ключевые слова:** Этноспорт, национальные игры, фестивали, празднества, форумы, туристические маршруты, местные и иностранные туристы, игра «Чилляк», «даста чикалдак», координация движений, прицеливание, мышечное напряжение, Навруз, праздники урожая, народные гулянья, улок-купкари, федерация этноспорта.

## ETHNOSPORT JAMIYAT A'ZOLARI UCHUN JISMONIY MADANIYAT VA SOG'LOM TURMUSH TARZI VOSITASI SIFATIDA

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Qo'qon davlat universiteti, Jismoniy tarbiya kafedrasida dotsenti,

**Annotatsiya:** Ushbu maqolada bugungi kunda mamlakatimizda ro'yxatdan o'tgan etnosport turlarining shakllanishi va ommalashishi tarixi, shuningdek, O'zbekistonda etnosport tizimini boshqarish bo'yicha nazariy ma'lumotlar keltirilgan.

**Kalit so'zlar:** Etnosport, milliy o'yinlar, festivallar, bayramlar, forumlar, turistik yo'nalishlar, mahalliy va xorijiy sayyohlar, "Chilliak" o'yini, "dasta chikaldak", harakatlarni muvofiqlashtirish, nishonga olish, mushaklarning taranglashishi, Navro'z, hosil bayramlari, xalq sayillari, ulok-ko'pkari, etnosport federatsiyasi.

The attention to the development of national sports and folk games (ethnosport) in our country took its first steps since the early days of independence with the holding of mass events in several regions of the Republic, such as the "Republic Festival of National Folk Games" (Forish, 1991), the "First Olympiad of National Sports and Folk Games" (Forish, 1994), the "Festival of National Folk Games" (Termez, 1998), "Kurash" (1999), the "Tomaris Festival" dedicated to the Year of Women (Jizzakh, 2000), "Equestrian Sports" (2000), "Uloq-Kopkari", "Uzbek Kurash", "Belbog'li Kurash", and the "Alpomish Festivals", as well as the "Ichan Qala" International Festival and others [1].

The decree of our President dated June 17, 2021, "On measures to popularize and develop ethnosport types" (No. PQ-5149), raised the development of ethnosport in our country to a new level [2]. The decree approved the program for the popularization and development of ethnosport types until 2025 and the "roadmap" for its implementation in 2022-2023, carrying out the tasks set for each year. Currently, ethnosport in our country is managed by the "Uzbekistan Ethnosport Association" (Chairman O. Norinbaev).

The Association is step-by-step engaged in the following practical works: wide involvement of all strata of the population in ethnosport, popularization and promotion of ethnosport among the population; holding folk games and competitions on ethnosport types in neighborhoods (mahallas); and strengthening cooperation with the "World Ethnosport Confederation," progressively implementing tasks such as developing international relations in this regard.

The analysis of specialized literature proves that national folk games and national sports are treasures of human culture, a wide scientific and creative wealth of the nation in terms of material and spiritual scale. It is no coincidence that scientific research is being conducted across various branches of education—history, philosophy, ethnography, anthropology, pedagogy, sports pedagogy,

theory of physical culture, psychology, sports psychology, physiology, sports physiology, history of physical culture, and other disciplines. These studies justify that ethnosport can be an important tool in the upbringing of a nation and people, and that physical activity through games and sports is a requirement of the era of globalized development for various age periods of human ontogenesis.

Since 2003, ethnosport competitions have been organized in the Republic based on the calendar plan of sports and mass physical culture events of our country. The Ministry of Culture and Tourism of our country has included the festivals and mass events we mentioned in the article into the list of tourist route objects, providing local and foreign tourists with information about our national games and sports and their impact on the development of human organs and structures.

To date, a management system for ethnosport has been created, practical work on training qualified coaches and sports referees for certain sports has been established, and national teams belonging to world championship ratings for some types are being formed. The "Belbog'li Kurash" (belt wrestling) type of ethnosport has risen to the level of a leader among ethnosport types in our country. In 2017, the belt wrestlers of our country took 2nd place in the world ranking. In the world championship held in 2020, they achieved the participation of more than 30 countries and took 1st place among them.

The "Qarab tep" (lanka) type of ethnosport is famous for its 7,000-year history and has been found to be widespread not only in Central Asia but also in China, the North Caucasus, Siberia, and European countries. In our country, the "Chillak game" (known as "chillak" in the oasis and "dasta chikaldak" in the valley, among other names) has proven to give significant results in the physical education of school-age children. This is because it serves as a primary tool for developing "movement coordination," "targeting," "muscle tension" during activity, and other components of the respiratory system, as well as physical qualities such as speed and endurance.

Since ancient times, "Uloq-Kopkari" and horse racing competitions have been held during "Sayills," "Navruz," "Harvest Festivals," weddings, and other mass folk holidays. Since 2001, the Uzbekistan Uloq-Kopkari Federation has been carrying out its activities, contributing greatly to the organization of competitions and ensuring the participation of our compatriots. Another world-famous ethnosport of ours is tightrope walking (*dorbozlik*). To date, 40 family tightrope walking groups are operating in our country. The "Tightrope Walkers of Uzbekistan" teams of the state institution "Uzbek State Circus" have been

enriching ancient tightrope walking traditions with the artistic expression means of the modern circus [3].

In conclusion, it should be noted that indifference toward the naming, terminology, and concepts of our ethnosport types, which the world needs to know, leads to the distortion of the meaning or naming of many terms and key words. This is because, until now, a scientifically based, generalized dictionary or collection of physical culture and sports terms recommended by experts in the state language has not been created in our country. Consequently, errors or incorrect naming occur in the use of many "key words," "terms," and certain "concepts" of our science.

For example, distortions and incorrect naming are observed in the names of various sports equipment and scientific concepts. The gymnastics equipment "Brusya" (Parallel bars) is called "Qo'shpoya," and the "Brevno" (Balance beam) is called "Xari" (a thick beam used for porch ceilings), which is gradually taking a place in the lexicon of industry specialists. To prevent this, we consider it appropriate for specialists to conduct research to create a collection of scientifically based terminology when forming ethnosport terms.

We believe that creating a precise list and classification of ethnosport types is a necessity of the present day. Participation in international competitions implies the creation of unified rules for sports, determination of athlete skill levels, ranks, sports titles, and unified requirements. The execution of these tasks will serve the development and popularization of ethnosport. Accelerating these implementations, organizing training and competitions for ethnosport types, and forming the economy for their inventory and equipment is a requirement of our time.

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