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**К ИСТОРИИ РАЗВИТИЯ УЗБЕКСКОЙ ТРАДИЦИОННОЙ БОРЬБЫ ТУРОН**

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**To develop of the Uzbek traditional WRESTLING TURON**

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*Резюме. Статья об узбекском национальном виде борьбы турон, его истории, стадиях развития, психологического, физического совершенствования спортсменов во время обучения.*

*Ключевые слова: спорт, национальная борьба, история физической культуры и спорта, турон.*

Sport - helps to build friendly relationships among the countries. Turon consists of the following types: a) boxing; b) judo; c) wrestling.

Without knowing the history of Turon we can not teach this kind of sport to students. Once upon a time there lived a king Tur Salm in Iran. He shared his astate to his sons. The given properties were called Turon , Samron, Eron. Lately (according to the names of the king Tur Salm's sons).

The names which are given above were reminded as heroes in Firdausy's "Shahnoma". Firdavisy explained the words "Tur, Salim, Eraj as three holy spirits.

There are some of stories about Turon: Tur - Shoh is the name of Fariuddin's elder son. Movarounnahr is one the regions of Turon, it is bordered by Fergana, Western Khorethm Northern Samarkand .The word Turon is seen dictionaries. Hidden meanings are explained in dictionaries. The word Turon means "Pahlavon" (Hero) in an Iranian language.

The word Turon is used as people, tribe in the preambles of "Got", "Yasia" (116, 42) "farvardin", (143, 13, 123) of the book "Avesto". But in the other historical works: Tur means a brave, chivalrous. Tur means "brave", "strong" in an ancient Sanskrit language.

The Fighting arts has its own three thousand years history. After the independence of Uzbekistan it began to call "Turon".

That is to stay the word Turon means brave, strong, mighty hero etc.

Our great statesman Amir Temur said: We are Amire (The King) Turkistan who are the property of Turon from his saying WC understand that the word turon refers to honesty, kindness power.

| Greek philosopher Geradot in his book "History" wrot about Tumaris knew and used this kind of sport. Besides, Alpomish Kuntugmish (Turkish heroes) also used this kind of sport.

Jaloliddin Manguberdy (The Turkish hero) was a brave man. He taught his soldiers varies types of fighting .The Turkish hero Jaloliliddin Manguberdy was known as "The Lion of the Middle ages".

Year by year fightings, contests, competitions, wrappings are getting better and better. Individual fighting type developed during the right of the dynasty of Temurids in 1370 -1570 Sahibkiran Amir Temur had a complex meny-sided personality. Having become the ruler of Samarkand, he built a great and carried on many annexationist campaigns. He taught his soldiers to be strong and powerful everytime and not to loose themselves even in difficult situation.

**The types of fighting are given in the following schedule:**

1- scheduel

1	Knowing the arts of fancing
2	Shooting
3	Riding
4	Swimming
5	Adapting to various weather
6	Chidamlilik, fastness
7	Jumping
8	Alpinizm
9	Spiritual preparing during the fightings
10	Weapons: to fight when your weapons out of use: a) arm - leg ; b) the movement of the body; c) to pull each other on a horse and push each on the ground;

The director of National congress service in the USA stated that A. Temur was a wise, powerful man. The battlefield was the place of A. Temer's practice. His individual fightings methods were popular among his soldiers. That's why he defeated his enemies easily. The winner of the international competitions - Bahodir saidov founded the individual wrestling Turon. After the independence of Uzbekistan this type of wrestling become known as Turon. Because our national customs and traditions regained.

The aim is: to develop individual wretling type; to make friendly relationships with sport. It is permitted to go in for individual Turon wrestling from the age 5 - to 6.

**The followings are included in Turon individual wrestling:**

- To recover health and phisically well ;
- To incese the activity of organism;
- To improve mental , ethical power against bad conditions;
- To control ourselves;
- To enlarge one's opinion, to improve memory.

The phisical improving features of sportsman : Powerfulness =Bend = Hopping =Power = Patience = Speedr

Training individual Turon wrestling will improve sportsman's following phisical features.

- 1.functional demands of organism;
- 2.blood systems of the heart;
- 3.apparatuses of motion;
- 4.muscle systems;
- 5.nerve systems;
- 6.inner organs and endokrine systems.

**How to improve sportsman's spiritual psychiological features:**

- a) gymnastics and acrobatic exercises;
- b)athletic exercises
- c) swimming
- d)using sports and motional games.

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**Abstract.** The article is about Uzbek national individual Turon wrestling. It is also deals with its history developing stages, phisicalogical, phisical improvements of sportsmen during the training..

**Keywords:** *sports, national struggle, physical training and sports history, Turon.*

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