

NATIONAL OUTDOOR GAMES IN UZBEKISTAN

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Abstract

In this scientific article the role of the popular games of the Uzbek people and their effect on the physical and educational training of the younger generation. More detail folk games Chillaki and Kurash.

Key words: folk games, the national sport Kurash, Ulak-Kupkari, educational games, educational games, educational games.

National games and amusements are an integral part of the culture of the peoples of Uzbekistan. For a long time, during the main holidays, weddings, festivities, people had fun, had fun, organized competitions in strength, agility, speed, ingenuity. And today folk games in Uzbekistan are not forgotten, and even experiencing a rebirth. Some of them are like kurash wrestling, world-class, as separate sports. National outdoor games as a means of physical education and a game method contribute to the education and improvement of physical qualities. In addition, natural movements and individual skills acquired in gymnastics, athletics and other sports are improved and consolidated in the national outdoor games.

Uzbek folk games have a centuries-old history, they have been preserved and have come down to our days from ancient times, passed down from generation to generation, absorbing the best national traditions. Boys and girls gathered on the street, sang songs, ran tirelessly, danced, competed in dexterity, accuracy, etc. All folk games are characterized by the Uzbek man's love of fun, daring. The games were common in many regions of Uzbekistan, but some of them had different names, although the meaning was the same.

There were also many games where the success of the players depended primarily on the ability to accurately throw a stick, hit the target with a ball, and compete with each other. Both the names of the games and the rules were different in different viloyats of Uzbekistan (for example: Kurash – according to the Bukhara and Ferghana rules), but what they had in common was the desire to win, to win.

Uzbek folk games for children are valuable pedagogically, have a great influence on the education of the mind, character, will, develop moral feelings, physically strengthen the child, create a certain spiritual mood, interest in folk art.

Uzbek folk games are quite diverse in their content, subject matter and organization. Some games have a plot, their rules are closely related to the plot. There are games in which the plot and the actions of the players are determined by the text. Various singing songs are attractive for children in Uzbek games. Games are divided by types of movements: games with running, jumping, throwing; some of them can be carried out both in the warm season and in the cold season, as well as games of low mobility, suitable for carrying out in inclement weather on a limited area.. The game resumes. The player who manages not to be caught for a long time is considered the winner.

Rules of the game: players must not go outside the court; those who violate the rules do not take part in the game during one repetition. Uzbek folk games have a centuries-old history, they have been preserved and have come down to our days from ancient times, being passed down from generation to generation, absorbing the best national traditions and customs.

One of these games is the Chillak game. This is a very fun and moving game consisting of three levels, which can be played by both boys and girls, called the game of chizhik. And a wooden bat and a "chizh". A bat is a stick up to 100 cm long. "Chizh" is a small stick with a diameter of 2 cm and a length of up to 20 cm with sharpened ends.

A hole is dug from the edge of the playing field, or a stone or brick is placed so that a "chizh" can be put on the edge. The depth of the hole is usually small, so that you can throw a siskin into the playing field with a bat. A circle or quadrilateral is drawn around the hole (the side is about a bit long). The outlined place is called "base", "town" or "con". Next, the players are divided into teams. By drawing lots, the team that will start the game first is selected. The team starting the game goes to the base, and the second to the field. After that, those standing on the base determine among their own, the order of throwing the siskin into the field. At the first level, the siskin lies across the groove. The first player brings the bat under him and throws the siskin into the field with force. The players on the field are distributed in such a way as to occupy as much of the field area as possible and prevent the chizhu from falling to the ground. Uzbek gambling game.

The participants of the game put their matches on the line - lined up inside a circle outlined on the ground or asphalt. Accordingly, the price ranged from one to fifty kopecks. All players bet matches for the same amount.

Instead of mosls, you could put money (coins) by putting them on matches. The task is to knock out matches or coins from the circle by throwing one of the moslems (usually sochka) at them from a distance of four to six meters. Given the considerable distance, it is quite difficult to get there without training, and even more so to knock something out.

The order of the throwers was set as follows: they threw the sochka on the ground, and depending on how it fell: flat , on the side (cherry plum) or on the end (tagan), the order was set. If you miss a throw or get into a con, but you don't knock anything out of the circle, the

next one hits. You knock out – you have the right to throw further until you knock out everything or miss. The money you have knocked out and the money goes into your property. Almost all holidays in Uzbekistan are accompanied by grandiose folk festivals. This tradition has its roots in ancient times, but until now our people celebrate all significant events together with pleasure and enthusiasm. Our ancestors brought up strength and dexterity, were good riders and sharpshooters. That is why it has become a tradition to organize various entertainment events, competitions, competitions and performances of masters of arts.

Kupkari, also called Uak or uzgashi, which means "Goat-picking" is the most common and popular type of equestrian sport not only among Uzbeks, but also among neighboring peoples - Kazakhs, Kirghiz, Afghans, Tajiks, Karakalpaks. Each nation names this game in its own way, but despite some differences, its essence is the same.

Incredibly spectacular are the competitions of the Kupkari riders, the winner of which was considered a horseman who took away the carcass of a goat from his rivals. He had to make one lap in the square, without missing the loot, and bring it to the finish line. Finish in Uzbek. A spacious field is chosen as the venue for it. At a distance of one and a half kilometers, there are two finish lines – marras. The success of the winner was brought by a sharp mind, amazing dexterity, heroic strength and the ability to merge with the horse. The champion received generous prizes, which could be camels, carpets, valuable items or money. Until now, this ancient national game is extremely popular and loved by the people.

Such an event as Kupkari is timed to coincide with major national celebrations - Navruz or harvest festival, but can be held on the occasion of family celebrations - a wedding or the birth of an heir.

All the peoples of Central Asia have been breeding horses for thousands of years. The ancestors of the Uzbeks have been doing this since prehistoric times. Even before our era, the Chinese emperors sent special expeditions to the Ferghana Valley for thoroughbred horses. The oldest area of horse breeding was also the Zeravshan oasis with such famous horse breeding centers as Urgut, Samarkand, Kattakurgan, where Kupkari or Ulak, as it is popularly called, is most often held.

In the blessed Uzbek land, they not only bred horses, but were able to select the best from them, knew their value and were proud of them as a national treasure. Every self-respecting Uzbek should have a horse. When they brought the horse home after the purchase, they took a stone and tapped it on the ground and hoof. This was done so that the horse's hooves were as strong as a stone, and the animal was tied to the owner. There is a belief that a house where there are horses is always accompanied by luck and well-being.. However, for the peoples of Central Asia, Ulak has always remained the most popular sports game that develops courage, dexterity of strength, endurance and bravery.

As time passed, various types of equestrian games appeared - Kupkari.: as sports competitions, competitions in honor of national, regional or district holidays and in connection with family

celebrations. Each of the species has its own characteristics. But the most popular and spectacular is the traditional wedding game of ulak. Thousands and thousands of foreign tourists are trying to see it. As a rule, Ulak is arranged in spring and autumn.

At tuyas (weddings), such prizes as a camel, a horse, a bull, a ram, a goat, a carpet, a koshma (made of natural wool), elegant, embroidered covers for horses are exhibited for the victory in Ulak - these are as big prizes. Smaller prizes are money, fabric (silk, satin) and household items, children's bicycles, toys. The most prestigious prizes are considered to be a camel, a strigun horse (foal) or a saddled horse.

The Kupkari equestrian game is a sight worth seeing. This game is not only a demonstration of endurance, agility and strength of both riders and horses, but at the same time is an indicator of hospitality, friendliness, honesty and kindness.

Today, in order to preserve the forgotten games of the Uzbek people and transmit them to the future generation, it is necessary to carry out the following tasks:

to collect, summarize all the educational games of the Uzbek people and publish textbooks and handouts for preschool institutions;

to hold competitions on the theme "The role of games of the Uzbek people in the education of a healthy generation";

to give a broader overview and description of educational games in the media.

Thus, folk outdoor games in combination with other educational means represent the basis of the initial stage of the formation of a harmoniously developed, active personality combining spiritual wealth, moral foundation and physical perfection. The joy of movement is combined with the spiritual enrichment of children.

The fielders get on the base, determine the order of throwing the finch, and the game continues. The game moves to the next level if all the players of both teams have thrown the siskin into the field, and it has never fallen to the ground, and the teams have swapped places an equal number of times. If the finch has fallen, the fielder must kick it towards the base, and from the place where he stops, pick up the finch and throw it into the groove, if the finch has fallen into the groove, the players switch places and the game continues. If he does not hit, the throwing player changes to the next player in the base, and the game continues. If the finch, when kicking, crossed the line separating the base and the field, the base player who threw the finch into the field has the right to protect the groove by swinging the bat in front of it. The team whose players, from the first to the last player, in turn threw the siskin into the field, moves to the second level. The second team plays at the first level until it is finished. That is, until all the players take turns throwing the finch into the field. The first level, when the siskin lies across the groove, is called (bottle). The second level (cannon), and the third is the most difficult (toss).

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