

DEVELOPMENT AND HISTORICAL EXPERIENCE OF WEIGHTLIFTING IN KHOREZM REGION

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Annotation: This thesis explains the origin and development of weightlifting in the world, in Uzbekistan and Khorezm region.

Keywords: Weightlifting, sports, athlete, strength, weight, physical education.

The Khorezm oasis is one of the hotbeds of Central Asian civilization, and in ancient times people lived in this country and created a special culture. The fact that the book "Avesto", one of the oldest written sources in the history of mankind, appeared on this land testifies to the deep history of Khorezm. The city of Khiva, which has witnessed many historical events and is known as an open-air museum, is the flower of the oasis. Located in the southern part of the ancient Khorezm oasis, 25 km from Urgench, Khiva is a legendary city with a history of many thousands of years. It is said that Khiva was founded by Som, the son of the prophet Noah. The city is located on a caravan route, so traders often come here. Passengers, who descended into the city and enjoyed the abyss coming out of its deep well, exclaimed in astonishment. Thus, this historic city begins to be called Khiva.

Currently, weightlifting, like all sports, is developing in our country. As the ancient Greek philosopher Plato said, "A man who combines strength, health and endurance, strong will, intelligence and high culture is a true weightlifter." It's no secret that there is no one who does not want to be beautiful and strong enough. To that end, people regularly exercise and lift weights. In this case, the weightlifting bar and stones of different weights are the main sports equipment.

Weightlifting has a centuries-old history and many competitions are held in this sport to this day. At present, our country, like many other countries in the world, conducts extensive research to adapt the system of training weightlifters to modern requirements.

Greece is the birthplace of weightlifting. Here dumbbells are used to develop strength in young men. Dumbbells weighing 1.5-2 kg are made of stone, iron and lead. In addition to dumbbells, the Greeks used stone girders and blocks as devices. In addition, special academies were established in Greece to train weightlifters. These academies brought up the bravest and bravest young men of their time. The academy pays special attention to the diet of athletes. Athletes ate bread, dates, nuts, honey, soft cheese, and meat during the time of Hippocrates. Milon Kratonsky of Greece, a student of Pythagoras, a famous scientist who lived in the 6th century BC, was the first weightlifter. The first weightlifting competitions were held in France. As early as 1825, the Parisians witnessed the first race.

Today, our country is pursuing the great goal of creating the foundations of the Third Renaissance, the development of education and upbringing, healthy lifestyles, the development of science and innovation. These processes do not bypass the field of physical culture and sports, the construction of new sports facilities for athletes, the provision of existing with modern sports equipment play an important role in the policy of our state. Of course, the coaches and athletes of Khiva also contributed to these intense processes. It is no exaggeration to say that today Khiva is developing sports drivers in weightlifting. There is currently a sports school for children and teenagers in Khiva, which was established in 2017. There are 1,418 young athletes divided into 103 groups and trained by 34 coaches.

It is known that the Weightlifting Federation was established in our country to develop the sport of weightlifting, on the basis of which the Khorezm regional branch was opened on April 14, 2014 and is currently operating. Currently, 19 gyms across the region have organized trainings for athletes and have a sufficient material and technical base. Currently, young weightlifters under the guidance of experienced

coaches Pirnazar Madrimov, Khushnud Salayev, Farkhod Matkarimov are preparing for national and international competitions in two halls of the Khiva Sports School for Children and Adolescents.

The following tables summarize the achievements of athletes over the years:

Results of the Khorezm regional weightlifting team in 2017

In republican competitions			In international competitions			All		
I	II	III	I	II	III	I	II	III
32	29	20	2	5	2	34	34	22

The results of the Khorezm regional weightlifting team in 2018

Championship and Cup of Uzbekistan			Asian Championship and Cup			All		
I	II	III	I	II	III	I	II	III
24	30	24	2	6	3	26	36	27

The results of the Khorezm regional weightlifting team in 2019

Championship and Cup of Uzbekistan			Asian Championship and Cup			All		
I	II	III	I	II	III	I	II	III
15	22	21	2	4		17	26	21

The results of the Khorezm regional weightlifting team in 2020

Championship and Cup of Uzbekistan			Asian Championship and Cup			All		
I	II	III	I	II	III	I	II	III
7	9	13	5	5	3	12	14	16

The results of the Khorezm regional weightlifting team in 2021

Championship and Cup of Uzbekistan			Asian Championship and Cup			All		
I	II	III	I	II	III	I	II	III
15	19	13	-	-	-	15	19	13

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