STUDYING THE PROSPECTS FOR THE DEVELOPMENT OF THE NATIONAL SPORT FOR THE STRONG FUTURE

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Introduction. Wrestling, deeply ingrained in the cultures of the world, is one of the oldest and most respected sports of humanity. Wrestling, with its rich history spanning millennia, has crossed borders, languages, and generations, captivating audiences with its track and field, strategic courage, and enduring traditions. At a time when states strive to preserve and promote their unique sporting heritage, the development of wrestling manifests itself as a basis for promoting national pride, social activity, and high qualities in sports. This article examines the prospects of the national sport of kurash, explores its potential for growth, innovation, and global popularity in the modern era.

Keywords: Cultural, technology, global collaboration, inclusive.

Goals and objectives. Cultural revival In many countries, kurash has deep cultural significance and serves as a symbol of strength, tradition, and identity. As societies rediscovered their heritage, interest in traditional methods and techniques of struggle grew even more. National initiatives aimed at preserving and promoting local wrestling are strengthening cultural revival and attracting enthusiasts of all ages and genders to the world of wrestling.

Research methods and organization. Youth Development Programs Recognizing the importance of wrestling in fostering discipline, endurance, and teamwork, governments and sports organizations are investing in youth development programs. These initiatives provide ambitious athletes with access to training equipment, coaching experience, and competitive opportunities, nurturing talents from the grassroots to elite levels. Countries are nurturing wrestlers who are ready to succeed in the national and international arenas by attracting young people to sports from a young age.

Research findings and discussion. The integration of technology into wrestling training and competitions is revolutionizing sports, improving performance and spectator experience. From video analysis tools for improving technique to virtual reality simulations for tactical training, achievements in sports technology are reshaping wrestlers' training, competition, and strategy. National Kurash federations can master innovations, stay at the forefront of sports development, and attract new generations of athletes and fans who are well versed in technology.

Global cooperation and exchange International cooperation and exchange programs promote intercultural education, skills exchange, and friendly competition among peoples. Participation in regional and international Kurash tournaments serves to strengthen friendship, sportsmanship, and mutual respect between representatives of different nationalities. By participating in global wrestling networks, national federations expand their worldview, raise standards, and contribute to the rise and prestige of sport on a global scale.

Efforts to make wrestling more accessible and inclusive are expanding participation opportunities for individuals of all ages, genders, and abilities. Inclusive policies, adapted equipment, and adapted curricula ensure that wrestling remains a sport for everyone, regardless of their physical characteristics or socio-economic background. By embracing diversity and promoting equality, national wrestling bodies create a favorable environment that allows all individuals to increase their enthusiasm for sports.

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Summary. The future of national wrestling is rich in promises secured by cultural heritage, youth engagement, technological innovation, global partnership, and commitment to accessibility and inclusivity. As countries continue to invest in the development of kurash at the local, national, and international levels, the coverage and impact of kurash will continue to grow. A steadfast struggle for excellence, harmony, and progress will flourish in the 21st century, inspiring future generations and leaving an indelible mark on the world of sports.

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