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HISTORICAL, CULTURAL, AND METHODOLOGICAL FEATURES OF THE KAZAKH NATIONAL WRESTLING SPORT OF KURES

Introduction. Kazakh national wrestling, known as Kures (қазақша күрес), is an ancient martial art that combines physical strength, strategy, and cultural traditions. It symbolizes the courage, honor, and national identity of the Kazakh people.

Key features of Kazakh wrestling Kures. The historical and cultural significance of this type of wrestling lies in the fact that kures is a symbol of national spirit, part of the spiritual culture of Kazakhstan, reflecting the values of strength, justice, and respect. The origins of wrestling go back centuries, to the nomadic traditions of the steppe peoples. Wrestling was used not only for entertainment, but also as a way to train warriors. In those days, there were various types of wrestling, from naked fights to fist fights. These traditions reflect the culture of nomadic peoples and their military skills (Fig. 1).



Fig. 1. One of the first photographic references to wrestling
қазақша күрес

The connection between the mighty strongmen the paluanis mentioned in folk legends and modern wrestlers continues thanks to the Kazakh kures. The names of heroes such as Baluan-Sholak, Moldabai, Bitabar, and Khadzhimukan still inspire admiration and respect, serving as an inspiration for new generations [1, 2].

Until the beginning of the 20th century, there were no rules for dividing wrestlers into weight categories in Kazakh kures. Therefore, they competed according to the principle of “the strongest wins.” The division into weight categories and age groups began to be applied only in the 1930s.

The main goal of the fight is to achieve dominant superiority, in which the opponent is pinned to the mat with his back. An absolute (clean) victory is counted if both of the opponent's shoulder blades touch the ground. At the same time, strikes, holds below the waist, and painful techniques are prohibited, which makes wrestling safe and accessible to a wide range of participants (Fig. 2).



Fig. 2. Fragment of a modern sports match between wrestlers of the Kazakh national style kures

The clothing worn by wrestlers is very similar to Japanese kimonos or the clothing worn by wrestlers who practice sambo. It is permitted to grab the jacket and belt. Competitions are held in weight categories, ranging from junior to adult master athletes [2, 3].

Contemporary development and influence on young people. Since 1938, Kures has been included in the program of republican sports competitions in Kazakhstan. At the present stage of history, major tournaments have appeared, such as “Kazakhstan Barys,” “Eurasia Barys,” and “Alem Barys,” bringing together the best wrestlers of the country and the world. In 2000, the Rules of

Kazakh Kuresi Wrestling were approved. According to these rules, competitions are now held in seven weight categories: 58, 65, 73, 82, 92 kg, and above.

Kures is actively taught in sports schools, contributing to physical development, discipline, and patriotism. Wrestling helps preserve cultural roots and pass on traditions to new generations [1, 2, 3].

The main techniques of Kazakh wrestling include:

- leg sweeps; - underarm throws; - hook throws;
- lifting throws; - reverse throws; - leaning throws;
- spinning throws; - rolling throws.

Championships and competitions. Kazakhstan regularly hosts Kazakh kurash championships, which bring together the country's best fighters and attract large crowds. During national holidays such as Nauryz, wrestling becomes a central part of the celebrations.

Kazakh kures attracts attention even outside Kazakhstan. In recent years, world championships have been held, where fighters from different countries demonstrate their skills. In 2023, Almaty hosted another international tournament, bringing together participants from Asia, Europe, and America [1, 2, 3].

Kazakh wrestling continues to develop and attract new fans. Many believe that Kazakh kures has every chance of becoming an Olympic sport, which would significantly increase its popularity on the international stage.

Conclusion. Kazakh kures is not just wrestling. It is part of Kazakhstan's cultural heritage, a symbol of strength and courage. Preserving this national sport is of great importance for future generations, who will be proud of their roots and traditions.

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