

KURASH QOIDALARINING XUSUSIYATLARI

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ANNOTATSIYA

Kurashchilar xam gilamga chiqishdan oldin va uni tark yetishda, Kurash maydoniga kirishda va undan chiqishda, xar bir olishuvning boshlanishida va oxirida o'ng qo'llarini chap ko'krakka qo'yib ta'zim qiladilar. Kurash maydoni oldidagi ta'zimdan so'ng Kurashchilar maxsus belgilangan joyga qadar to'g'riga yurishlari shart, keyin o'ng qo'lni chap ko'ksiga qo'yib, bir-birlariga ta'zim qilishlari shart.

Kalit so'zlar: Kurash , raqib, gilam, hakam, mashq, yakka, kuch, chalish, pahlavon.

CHARACTERISTICS OF WRESTLING RULES

ABSTRACT

Wrestlers also bow before and on the mat, entering and exiting the wrestling arena, placing their right hands on their left chest at the beginning and end of each fight. After bowing in front of the wrestling arena, the wrestlers must walk straight to the designated place, then place their right hand on their left chest and bow to each other.

Keywords: Wrestling, opponent, carpet, referee, exercise, solo, strength, wrestling, wrestler.