



PHYSICAL EDUCATION IN THE TIME OF AMIR TEMUR

Eshmatov Gayrat Egamberdievich

Yamgirov Gaffar Bobosharipovich

Department of physical education and sports, Karshi State University

Abstract

This article provides information about the physical exercises of our grandfather Amir Temur, who contributed to the development of world military art, and the role of physical exercises in his military activities.

Keywords: “Temur Tuzuklari”, spy, invader, colonizer, Museum "History of the Timurids", emirs, ministers, thousand-bashi, centurion, ten-bashi, alpin youths, zarbzan, farangi, pot

Introduction

In Europe and Asia, the conquest wars of Mongolian Tatars, especially Genghis Khan, and its consequences will last for almost 300 years. Sahibqiran Amir Temur and his descendants are historically important in the liberation from such slavery, development as independent states and development of culture. Military art of the Timurids is a significant contribution of Amir Timur and his descendants, especially Babur, to the development of world military art. This was rightfully recognized by experts and generals. Considered a great commander and innovative military organizer, Sahibqiran managed to create a disciplined army, manage the units of the army wisely during the battle, quickly send the western forces to the places where the fate of the battle will be decided, eliminate existing obstacles and pitfalls with entrepreneurship, and keep the fighting spirit in the army at a high level. Amir Temur and the army of the Timurids gathered soldiers from the settled population engaged in farming, handicrafts and farming, as well as cattle herders. Along with the cavalymen who formed the basis of the military forces, the infantry also served in the army. Sahibqiran was one of the first in the East to introduce a fire-ball (ra'd) to the army.

During the Timurid era, other types of this weapon (zarbzan, farangi, pot, etc.) became widespread. Special military units and divisions have been established to conduct combat operations in the mountainous regions. Amir Temur was the first in the history of world military work to introduce the order of deploying the army into 7 arms on the battlefield, as opposed to the traditional 5 divisions. This news was later adopted by generals such as Tokhtamysh and Shaibani Khan. According to Ibn Arabshah's testimony, there were units of women in Sahibqiran's army, who stood on the same line as men and showed examples of heroism and fortitude.



MAIN BODY

Military-physical exercises in Amir Temur's combat activities. Amir Temur's positive qualities and activities during the time of the former Union were not mentioned. On the contrary, he was considered a spy, invader, colonizer. Nevertheless, novels were written about Amir Temur based on historical evidence, operas and dramas were shown in major countries such as Great Britain, Germany, and France. They did not reach our people at that time.

Thanks to the independence of Uzbekistan, the real activity of Master Amir Temur became fully apparent to our people. In 1996, the international conferences held in connection with the 660th anniversary of his birth and the traditions of our country were able to glorify his name openly for the first time. In Tashkent, Samarkand and Shahrisabz, large avenues dedicated to Amir Temur were redecorated and his statues were installed. It has become a great example of how to restore national values and raise our national culture to higher heights.

The deceased President of the Republic of Uzbekistan, I.A. Karimov, said at the ceremony dedicated to the opening of the statue of Amir Temur: "The statue of our great-grandfather, erected today, has a deep symbol - as if he is pulling the reins of a world-class vulture, stretching out his hand without a sword to the nations of the world. he misses safety, he says, "Strength is in justice."

A study of the practical activities of the world-famous general Amir Temur in training young people for military, physical and fighting skills and their application in educational processes was developed.

There are many literary sources related to the life and work of Jahangir Amir Temur. All of them are printed in the Arabic alphabet and in the Turkish language. At the end of the last century, "Temur Tuzuklari" was translated into Russian for the first time (1894, 1934) and reached the peoples of Central Asia. Since it has not been reprinted, it is known that young people did not read any positive book about Amir Temur during the former Union period.

Amir Temur described the activities of his administration and spreading the knowledge of Islam to the peoples of the world in the book "Temur Tuzuklari". We became aware of this only when Uzbekistan gained independence, and now more detailed information is being given about it. Academician B. Akhmedov's historical documentary novel "Amir Temur" (1995) is noteworthy here.

According to "History and Culture of Uzbekistan" (1992), "History of the Peoples of Uzbekistan" (1992, Part 1) and other sources, Amir Temur was extremely interested in military exercises from his youth, and he himself participated in active wars. how many times they participated and gained experience and became skilled fighters. He also taught his children Jahangir, Mironshah, Umarshaikh, Shahrukh Mirza and his grandsons Pirmuhammad, Khalil Sultan, Muhammad Sultan and Mirza Ulughbek the secrets of fighting during the preparation for battles and during the big battles.

In "Timur's rules" it is possible to witness a detailed description of fighting on foot and on horseback, swordsmanship and javelin, military and physical training of a warrior, crossing the



highest mountain areas, crossing rivers and hakoza. Amir Temur's journey through Boysun, Hisar, Hindikush, Turkestan, Chotkal, Caucasus mountains, deserts and valleys in the territories of present-day Kazakhstan and Russia, as well as the Syr Darya, Amudarya, Tigris, Volga, Ganga and many other rivers. may not have been himself. Think about the processes of walking, riding, and fighting in those times. Walking continuously for several days, using swords, spears, maces, daggers and other weapons, defeating the enemy required limbs, body strength, dexterity, speed, and vigilance. When the opportunity came, it took a lot of practical strength, skill, mastery, and courage to fight shoulder to shoulder with the opponent and knock him down.

Amir Temur himself taught and prepared students for his emirs, ministers, thousand-bashi, centurion, ten-bashi and alpin youths. When fighting on horseback, he used swords, spears, bows, maces, clubs, whips, ropes, etc. Fighting with these weapons is not easy. Each warrior was strong, dexterous, brave, a sniper. When it was appropriate, they bravely used natural actions such as fighting, fighting, overturning, fighting one by one on a horse. Amir Temur and his special commanders diligently taught and taught these activities to the warriors.

Amir Temur spent his free time hunting, hiking in the desert and mountains. In such cases, he invented methods of climbing mountains on horseback and on foot, using ropes and sticks. When he gave the warriors a rest, he encouraged them to engage in sports such as racing, wrestling, sword fighting, and more. Ladders, hanging from ropes, and descending methods were widely used to capture fortresses in cities.

In the historical novel "Amir Temur" it is said about the march and battles on the mountain: "Everything was smooth." That's why some people slipped down the gorge using ropes and ladders. Hazrat Sahibqiran went down to the gorge with the help of one hundred and fifty wooden gas ladders specially made for him... the next day, before the sun rose, they climbed another mountain peak. Two more days passed like this." Crossing fast and big rivers is not easy, of course. At such times, Amir Temur used nets, wooden rafts, methods of pulling a rope and holding on to it, etc. He knew well how to use the sun, moon, stars, shadow, wind and other factors to find the destination without getting lost in the mountains, forests, deserts, especially at night and in foggy days. Thus, the use of military-physical exercises was one of the most important measures in the activity of Amir Temur.

The Timurid army was clearly organized in terms of numbers, its battle order was improved, it was equipped with the most advanced weapons and equipment of its time, and the units were distinguished from each other by uniforms, flags, and flags. Such a distinction came in handy in commanding an army in battle. Defeat the enemy's defense in various ways, attack the opponent's big cities, lay siege to fortresses, fortresses and fortresses for a long time, encircle the enemy's forces as widely as possible, conquer villages, cities, districts, regions one after another, destroy the enemy completely. Such practices as pursuing until maturity, appointing trusted people to lead the surrendered countries brought many victories to Amir Temur and the Timurids. Tactically, Amir Temur's army had its own characteristics.



Reconnaissance is well organized, the necessary measures and measures are developed for the units to act as required on the battlefield or in the battle line, with special attention being paid to their rapid management during the battle. The Supreme Commander-in-Chief was responsible for the selection of ten, hundred, thousand and district commanders. Another great contribution of Sahibqiran to the development of military art was the introduction of the qunbul, a cavalry unit formed in order to protect the army's flanks from the enemy's attack during the battle and, in turn, bypass the enemy's forces from the side and attack them from behind. Such a new military unit was not in the army of such famous generals as Alexander, Hannibal, Genghis Khan, Louis XIV, Frederick the Great. Shaybani Khan's army had such a uniform and it was called tolyuma.

After the announcement of a special order (tunqol) about the gathering of troops, according to the list compiled by the ruler, the warriors arrived at the gathering place with their horses, weapons, food, and fodder. Each soldier was allotted one bow, 30 arrows, one bow, one shield, one extra horse, half a man's weight of rope, one piece of rice, a leather bag, and one pot. Every 10 warriors were required to carry one tent, two shovels, one pitchfork, one scythe, one saw, one axe, one ax and 100 nina. All 5 of Sarah's warriors are housed in one tent. The eleventh had a separate tent and 5 additional horses. Yuzbegi was also given a separate tent and 10 additional horses. In addition to the tent, Mingbegi is also equipped with an umbrella.

In connection with the 660th anniversary of the founder Amir Temur's birth (1996), the establishment of the Museum "History of the Timurids" was a significant event in the history of Uzbekistan. Its exhibits include weapons used in combat activities during the Timurid era, and tools and methods used in physical training. Also, the establishment of the Museum of Olympic Fame and the set of exhibits in it is an exemplary exhibition not only for students, but also for all classes of the population.

CONCLUSION

The great generals Amir Temur, Zahiriddin Muhammad Babur and the rulers of the later period taught their warriors not only the art of fighting, but also to be physically strong, dexterous, agile, and resilient. In order to educate the fighters in such a spirit, they used the above-mentioned means of physical education in the way of the goal.

In short, in the recent and distant past, the physical culture of our people has been enriched with unique national characteristics in the socio-educational sphere. It is one of today's urgent problems to ensure that students learn their historical directions and scientific-theoretical aspects perfectly in physical education classes based on the students of the time.

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