

## **ACHIEVING STATE INDEPENDENCE IN UZBEKISTAN TITLE: THE GROWING INFLUENCE OF SPORTS IN UZBEKISTAN**

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**Anotation:** Sports have always played a significant role in the culture and society of Uzbekistan. With a rich history of traditional sports such as kurash (a form of wrestling) and buzkashi (a horse-mounted game), as well as a growing interest in modern sports like football, tennis, and gymnastics, Uzbekistan has emerged as a force to be reckoned with in the world of sports. In this article, we will explore the evolution and impact of sports in Uzbekistan.

**Historical Perspective:** Uzbekistan has a long tradition of sporting excellence, dating back to ancient times. One of the most popular traditional sports in Uzbekistan is kurash, which is a form of wrestling that has been practiced for centuries. In recent years, kurash has gained international recognition and has been included in major sporting events such as the Asian Games. Another traditional sport that holds a special place in Uzbek culture is buzkashi, which involves horse-mounted players competing to grab a goat carcass and score points by carrying it to a designated area. While not as widely practiced today, buzkashi remains an important part of Uzbek sporting heritage.

**Modern Sports:** In addition to traditional sports, modern sports have also gained popularity in Uzbekistan. Football is one of the most widely followed sports in the country, with several local clubs competing at both domestic and international levels. The national team has also made strides in recent years, qualifying for major tournaments such as the Asian Cup and World Cup qualifiers. Tennis is another sport that has seen significant growth in Uzbekistan, with several players achieving success on the international stage.

Notable tennis players such as Denis Istomin and Akgul Amanmuradova have represented Uzbekistan at various Grand Slam tournaments and have helped raise the profile of tennis in the country. Gymnastics is another sport where Uzbek athletes have excelled, particularly in rhythmic gymnastics. Athletes like Ulyana Trofimova and Anastasiya Serdyukova have brought home medals from major competitions such as the World Championships and Olympic Games.

Conclusion:

In conclusion, sports play an integral role in shaping the identity of Uzbekistan and are an important vehicle for promoting unity.

Literature to be Used:

Main literatures:

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