

## Wrestling

Wrestling is one of the ancient forms of sport, which has been described in many written sources as well as oral traditions. Among Tajik people there two forms of traditional wrestling known namely free wrestling (widespread in the southeastern regions) and national. The latter is also known as *kurash* or “Fergana style” wrestling.

Wrestling events and competitions in

Tajikistan is organized for occasions of traditional festivals such as Navruz, Mehrگون and state official holidays. Wrestling parties take place in the fields and attract a big number of wrestlers from around the country.

At first the wrestlers come out to the ring and walk around it to sort of introduce themselves to the audience. Then the wrestler who wants to throw a challenge comes forward and sits in the





middle. The respondent would come and take a sit next to him. The chief of the event, usually elderly gentlemen will than give them blessing and they will begin to wrestle. Prior to start to wrestle the wrestlers will together make a round the ring with a dance movements and come to the middle to greet one another only after this they wrestle. The party who has been thrown flat at his back is considered defeated and the winner gets some presents and prize.

The judges for the traditional wrestling events are the crowd and usually the audience determines who has been defeated or not.

There are many traditional mechanisms of wrestling employed among Tajik wrestlers such as “dastpech”, “surun”, “tob”, “koki” (kokma), “popech”, and “duk”.

Nowadays the wrestlers train in special gyms and learn and practice different types of wrestling. The best wrestlers also participate in regional and international competitions as well.



