



THE DEVELOPMENT OF BOXING IN VARIOUS HISTORICAL PERIODS

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Abstract: *The achievements of Uzbek boxers are well-known to everyone. In the last twenty years, Uzbekistan's national team athletes have achieved great success in world championships and the Olympic Games. Boxing is rapidly developing in our country, athletes' skills are improving, the network of children's and youth sports schools, and higher sports schools are expanding, and Olympic training centers are being established. Boxing is often referred to as the sport of all ages. Its development history spans more than five thousand years.*

Keywords: *Hand-to-hand combat, Ancient Greece, Boxing, In the Middle Ages in the West, Prizefighting London ring rules, Queensberry rules.*

Main Part: Hand-to-hand combat as a sport emerged in the early stages of societal development and spread in various forms among many peoples. The depictions of hand-to-hand combat on the walls of pharaohs' temples confirm that this type of combat also existed in ancient Egypt. Illustrations from the Minoan-Mycenaean cultural period have also reached us. Hand-to-hand combat was particularly widespread in Ancient Greece (Hellas). The inclusion of this combat in the Olympic Games program starting from the 23rd Olympiad (688 BC) supports this view. Literary monuments and images provide sufficient information about the rules of hand-to-hand combat and the methods of training the fighters in Ancient Greece. To engage in combat, the fighters wrapped their fists with soft strips made of damp leather. These strips, similar to modern bandages, were used to protect the hands from injuries.

Relevance of the Topic: Fighters engaging in hand-to-hand combat fought in an upright stance, requiring speed and agility. The Greeks divided the participants

not by weight class but through a lottery system. The duration of the match was not limited and continued until one of the opponents was no longer able to continue fighting. Judges (gellanodics) were selected from individuals who were no younger than 40 and were required to be well-versed in the technique of combat and competition rules. In all depictions of boxing, the gellanodic is shown with a pronged staff, which he used to intervene and control the fighters' movements. Athletes were trained under the guidance of specialists in specific schools called palestrae. A palestra was an open hall without a roof, with a training area inside. The floor of the palestra was made of dirt. Around the hall, there were small rooms for rituals, rest, oiling, and sand rubbing, among other things. During training, fighters wore ear-muffed masks to protect their heads. These masks were likely made from soft leather. In training, equipment similar to modern punching bags called "korikos" was used. The korikos was made from goat leather, turned inside out, and filled with date seeds. It was suspended at head height and used for practicing strikes. The most common exercises included ground digging and throwing punches. In ancient Rome, hand-to-hand combat became a spectacle for the common people and was held in amphitheaters. Various methods were used to enhance the power of punches, such as equipping the fists with weapons like "sestus." In the medieval West, fistfighting did not become part of the knight training system but was widely practiced among the people. In the first half of the 18th century, in England, a hybrid form of boxing—prizefighting—emerged, combining hand-to-hand combat and stand-up wrestling. Its foundation was based on the different forms of individual combat practiced in England at the time. Competitions were held in specific areas, following basic rules, but they were often quite rough. Fighters' fists were unprotected. To resolve disputes among spectators, the first set of boxing rules was created in 1743 by circus owner J. Brauton. These rules consisted of only 7 points and limited the flow of the fight. According to these rules, the fight began at the "scratch," a square marked in the ring, with a length of 1 yard (91 cm). If a boxer fell from a punch or lost balance, the seconds in the ring were required to assist him in getting back up and continuing

the fight within half a minute. If the boxer failed to get back on his feet or the seconds declared him defeated, the opponent was announced the winner. Brauton's rules remained almost unchanged for nearly a century. Boxing techniques in this period were drastically different from modern boxing, as the use of wrestling and grappling elements contributed to the intensity of the fight but limited mobility in the ring. Boxers had to focus not only on protecting themselves from punches but also on holding their opponent and wrestling them. The new rules, known as the "Prizefighting London Ring Rules," were introduced in 1838. These rules consisted of 29 articles and focused more on the legal aspects of the competitions, especially concerning the interests of the bookmakers, rather than on the movements of the boxers themselves. Boxer training methods of the time differed significantly from those of modern boxing. Training was intense and highly laborious, typically beginning three months before a match, with a strong emphasis on building endurance. Weight training was also incorporated into the regimen. Fighters used various substances, including vinegar, alcohol, lemon juice, and eucalyptus oil, to toughen their hands, leading to rough and calloused skin. As the popularity of public spectacles grew, English prizefighting made way for professional boxing. With this shift, the sport became fully commercialized. However, due to the brutality of the old rules and open-hand combat, it became less attractive to athletes. In 1867, the "Queensberry Rules" were introduced, marking a pivotal change in the development of boxing. These rules fundamentally transformed the sport by introducing timed rounds, with breaks in between, which significantly increased the pace of the matches. This change laid the foundation for boxing as a regulated sport, moving away from the more violent, unregulated forms of competition that had characterized earlier eras. The Queensberry Rules would go on to define the modern structure of the sport, including the introduction of gloves, timed rounds, and a more professional approach to boxing matches. With the development of boxing, various changes and new rules have significantly impacted the sport's technique and tactics. The predetermined number and duration of rounds allowed boxers to distribute their

energy effectively, helping them perform high-speed and agile movements. The breaks between rounds gave athletes the opportunity to rest and recharge, allowing them to enter subsequent rounds with more energy. The prohibition of holds, which transformed boxing into a pure striking sport, focused athletes' attention on striking techniques. This, in turn, helped improve the safety and efficiency of punches and led to the emergence of new defensive methods. The introduction of soft gloves increased the power of punches while providing better protection. Boxers could now test the power of their strikes and began using new defense techniques (e.g., palm strikes, shoulder protection, etc.). The introduction of gloves also allowed for victories to be determined by points, not just knockout. This change made boxing more technical and tactical, as athletes now needed to focus not only on strength and endurance but also on skill and speed. The introduction of weight classes further boosted boxing's popularity, as it allowed athletes from different weight categories to compete, rather than just focusing on heavyweights.

Conclusion: Today, there is a growing need for literature on boxing technique and tactics that fits the educational processes in sports schools and universities. This textbook will be useful not only for beginners who are starting to learn boxing but also for athletes aiming to improve their skills. Unlike previous textbooks, this work presents technical and tactical movements with detailed and systematized illustrations, which will help deepen technical and tactical training. It will also be an essential tool for overcoming challenges for beginners. Currently, physical education institutions are increasingly training students with advanced boxing knowledge, and the new textbook will contribute to developing comprehensive skills in boxing technique and tactics. It is crucial in shaping the necessary knowledge and abilities in boxing.

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