

KURASH PANINEN JUMAQLAWSHI QADAG'ALAW SORAWLARI

1. O'zbekstanda Kurash assasaciyasi qashan duzildi.
2. Kurash yaktaginin' reni ham manisi.
3. "Yelka" usuli
4. "Ko'shsha" usuli.
5. "Yuklama" usuli
6. Kurash Aziya oyinlari dasturine qashan kigizildi
7. Kurashta texnika degenimiz ne
8. "Yonbosh" usuli
9. "Supurma" usuli
10. "Yelka" usuli
11. Kurash jarisinda isletetug'in jestlar
12. Kurash gileminin olshemleri
13. "Bardor" usuli
14. "Yuklama" usuli
15. "Chil" usuli
16. Kurashda taktika degenimiz ne.
17. Zamanagoy Kurash qagiydalarin kim tarepinen islengen
18. "Supurma" usuli
19. "Yuklama" usuli
20. "Yonbosh" usuli
21. Kurashta nesh turli araliq distanciya bar
22. Kurash jarisinda neshs toreshi boladi
23. "Yelka" usuli
24. "Ko'shsha" usuli.

25. “Yuklama” usuli
26. Kurashta tiykarinan neshe usili bar
27. Kurash waqtinda eki palwan guresti duris alip barmagani ushin berilatugin birinshi eskertiw.
28. “Bardor” usuli
29. Yelka” usuli
30. “Chil” usuli
31. Birinshi marte Kurash boyinsha Jahan shempionati qashan ham qay jerde bolgan.
32. Kurashtin basqa gures turlerinen ayirmashiligi
33. “Supurma” usuli
34. “Yuklama” usuli
35. . “Yonbosh” usuli
- 36.Kurashta qarsi hujim degen ne
- 37.Kurashtin watani qaysi mamleket
38. “Bardor” usuli
39. Yelka” usuli
40. “Chil” usuli
- 41.Kurash kiyimine qoyilatugin talaplar
42. Kurash waqtinda eki palwan guresti duris alip barmagani ushin berilatugin ekinshi eskertiw
43. “Yelka” usuli
44. “Ko’shsha” usuli.
45. “Yuklama” usuli
46. Kurashta tiykarinan neshe usili bar
- 47.Zamanagoy Kurash qagiydalarin kim tarepinen islengen
48. “Supurma” usuli

49. “Yuklama” usuli
50. . “Yonbosh” usuli
51. Kurashta ereselek adamlar neshe salmaq kategoriyasida guresedi
52. Kurashta neshe minut guresedi.
53. “Yelka” usuli
54. “Yuklama” usuli
55. “Yonbosh” usuli
56. Kurash waqtida eki palwan guresti duris alip barmagani ushin berilatugin ushinshi eskertiw.
57. Kurashta texnika degenimiz ne
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66. Kurash gilemine tariplene
67. Kurash waqtida eki palwan guresti duris alip barmagani ushin berilatugin birinshi eskertiw.
68. Kurashta jigiliwlaridin turleri (aldiga, arqaga, qaptalga)
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75. “Chil” usuli
76. Kurashta nesh turli araliq distanciya bar
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