



YAKUT (SAKHA) TRADITIONAL WRESTLING WITH ITS FORMATION AND DEVELOPMENT: KHAPSAGAY

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Abstract:

In this monograph, the traditional wrestling "Hapsagai" of the Sakha's, one of the ancient Turkish peoples living in the Autonomous Republic of Yakudistan under the Russian Federation, will be investigated. The historical formation of Hapsagay wrestling is analyzed within the framework of qualitative method, depending on climatic and geographical, ethnosocial and economic conditions. The development of Yakut (Sakha) national wrestling hapsagay in modern socio-economic conditions is centered on the study and discussed in a qualitative model intensity. The organizational and methodological work of the Yakudistan Republic Hapsagai Wrestling Federation as a tool to manage national sports, the competitive activity system and the international sports movement are examined. The dynamics of participation indexes among the population of different ages of the Sakha Republic for the period 2011-2017 of the national khapsagai wrestling, the feasibility of opening a department in higher education institutions to train experts in this traditional sport is given. In the education process of undergraduate students, the mechanism of popularization of the Sakha national struggle, hapsagay legacy, is shown. As a result: khapsagai, a sport with its own national elements, is an integral part of physical education and social ceremonies and that the Sakha people are leaders in ethnopedagogy; that it was carried to the international dimension by adapting to contemporary conditions; it has been concluded that these official efforts have achieved their purpose and are increasing in popularity at national and international level.

Keywords: national sport, khapsagay, formation, development, sport movement

1. Introduction

The issues of preserving historical traditions, originality, national identity and national culture of ethnic minorities are concerning the whole international community. At the time, ethnocultural sports diversity is becoming an institutional norm for encouraging and development of traditional kinds of physical activities of various people. Nowadays, national kinds of sports are essential part of ethnical culture which should be preserved as well as being reviewed through the lens of science and practice and transformed into modern sociocultural space with regional and national conditions bearing in mind. Keeping ethnocultural traditions and customs from the aspect of sports activity is one of the main forms of responses on the process of world globalization. One of the national sports kinds is Yakut national wrestling 'khapsagai' which in the Sakha people's activity contributes to increasing physical conditions of the nation as well as manifests ethnocultural originality. Its competitive element attracts not only Yakut specialists' attention but the specialists of international level as well, due to which there appears the necessity for studying the development peculiarities of this kind of sport. Despite this, nowadays special researches devoted to studying the analysis of formation and development of Yakut national wrestling khapsagai are absent along with the consideration issue of the preservation as a historical tradition, originality and ethnocultural heritage. Up-todays centurial history of Yakut national wrestling khapsagai was not studied, which in its turn, constrains its development. Turns back to the past is always valuable, as its analysis is the best practice for comprehending the present and foresee the future. This statement can be confirmed by the content of Federal law "On physical culture and sport in Russian Federation" signed by the head of the country V.V. Putin on 24th of July in 2014 devoted to the development and popularization of national kinds of sport (<http://kremlin.ru/events/president/news/46045>, 2017). V. V. Putin on the meeting with members of the Council of Transnational Relations has remarked: *"It's necessary to aspire our national kinds of sport could break through the Olympic disciplines. It's pivotal that all positive changes have touched our sphere of national kinds of sport which reflects the culture, the spirit of peoples of Russia"* – said the President (<https://regnum.ru/news/2054890.html>, 2016; Turkmen et al., 2019; Turkmen and Buyar, 2019).

The analysis of resources proves the fact of insufficient coverings the issues of the formation and development of Yakut wrestling khapsagai by scientific works. Only 3 works have been found that devoted to Yakut national wrestling khapsagai – two of them in the form of dissertations of Y. C. Syrovatskyi (1998), N. V. Nikiforova and scientific monography of E. V. Krivoruchenko. In these and other scientific works the data concerning formation and development of Yakut national wrestling khapsagai is represented unfortunately only by fragments or out of the Russian modern historical science of physical culture and sport. It became possible to clarify the state of studying issues and to show the work's meager, fragmental condition. Therefore, it's possible to say that the study of Yakut national wrestling khapsagai formation's conditions will let to promote keeping and its further development of this national kind of sport.

The aim of our work is to identify the ways of preservation and development of Yakut national wrestling khapsagai in modern conditions.

Having completed analysis of special scientific and methodological literature, it was found out nature, climate, ethnosocial, historical conditions of the Yakut national wrestling khapsagai formation. The Yakut national wrestling khapsagai was originated in the coldest part of the Northern hemisphere in the Republic of Sakha which is included into Permafrost zone spreading from the north to south on 2000 km and from the west to east on 2500 km, occupying a square of approximately 3 million km². It should be noted, that more than 40% of the territory of the Republic of Sakha is situated out of the Polar circle while the whole republic is situated in Permafrost zone. In such rough climate conditions, the representatives of the people of Sakha could not only survive and preserve their originality, but to save up to this day their national kinds of sport which are developing nowadays too.

According to the translation from Sakha language “khapsagai” means “agility competition”. In “Kratkiy yakutsko-russkom slovar” under the author of T. I. Petrova (2005) is pointed that “khapsagai” designates such physical qualities as agility, speed and gives characteristic to a man, who do khapsagai as nimble. That is one of sports kinds, wrestling in particular, competition in agility (Turkmen et al., 2019; Turkmen and Buyar, 2019).

National wrestling khapsagai deeps by its roots into ancient times, being reflected in epics, legends and myths, have become an inseparable part of Sakha people’s ethnical culture. In the practice, there are very few documental evidences on appearing the wrestling khapsagai, its formation and development until the XX century. However, the first information on wrestling khapsagai have been written in the work of H. F. Miller, the ethnographer and historian, where he describes wrestling competitions during the national celebration of Ysyakh, the national holyday of Sakha people (1737). As a rule, the information about khapsagai is related with conducting of this Sakha people’s traditional holyday celebrated at different years. The description for the wrestling this time we can find in the work of V. L. Seroshevskiy (1896), R. K. Maak (1887) where scholars mention the struggle during Ysyakh at the end of XIX century. P. Infantiyev (1912) describes the khapsagai wrestling competitions during the weddings from the point of view studying the life of the people Sakha in 1912. The development of the wrestling khapsagai as not just the way of entertaining or a leisure, but as a national kind of sport occurs in the XX century and continues in XXI century rich for its own events, such as the confirmation of the wrestling khapsagai as a national kind of sport in 1927; its inclusion into the program of large republic sports competitions and festivals in 1932; obtaining sports qualification with the title of “master of sports” in khapsagai in 1957; inclusion of khapsagai into the Russian register of sports kinds in 2003; the establishment of the “Federation on national wrestling khapsagai of the Republic of Sakha (Yakutiya)” in 2010; conducting Europe and Asian championships in 2011 and World Championship among cadets in 2012 as well as it was included into the program of International Sports Games “Deti Azii” (The Children of Asia) in 2000, 2012, 2016 years.

The material on the wrestling khapsagai as a constituent part of ethnical physical culture was studied as well. There is information on the place of wrestling khapsagai in the ethnopedagogy of the Sakha people, consideration of the wrestling khapsagai as a component of physical culture and national kind of sport. The analysis of physical culture traditions in ethnic pedagogy of North people shows up the fact that the physical development of a man in conditions of being inseparable part of the entire community with its own unique natural beliefs, as a unique spiritual and physical self-expression according to his means and actions, lives and develops by laws, rules and norms established in the society. In ethnical pedagogy of the Sakha people the spiritual and physical development occurs indirectly – one through other; the spiritual-moral development directs the physical on the one hand, while in activity related with the muscles work of an organism, physical upbringing provides spiritual-moral development on another.

As a sport, khapsagai had gained impetus of its development in 1926 with the time of occurring first official competitions rules. Since 1932 that kind of wrestling was included into the USSR's, then in Russian sports classification. In that times weight categories haven't been taken into consideration. According to the first rules prepared by the Yakut Council of physical culture, athletes could perform legs takedowns and tripping. The winner was that wrestler, who could make his opponent touch the mat by his chest, back or trunk as a result of his actions. But, if an opponent was down on knees or on all fours but without touching the floor by the trunk, the win was not recorded. The struggle lasted for 10 minutes. In khapsagai competitions men only permitted to participate. Athletes start to compete since the age of 10 years, which concerns to junior group; weight categories varied according to the age, the time of a struggle differed from 0 to 4 minutes except the absolute championship, where in adult's category the struggle lasted for 6 minutes in semifinals, and 10 minutes in final matches. The scholars relate the development of the national wrestling khapsagai in XX century with the prominent coach and pedagogue from the people of Sakha, D. P. Korokin who widely used in the training process of the wrestler's techniques of the wrestling khapsagai, that had its own positive impact on the way of leading the struggle in freestyle wrestling. The significant point in the development of wrestling khapsagai was the creation of the regional public organization "Federation of national wrestling khapsagai of the Republic of Sakha (Yakutiya)" in 2010. It was determined that the "Federation of national wrestling khapsagai" had organized and conducted 179 competitions on a republic level, 6 all over Russia and 9 on international level in the period from 2011 to 2017 year.

The development history of the national wrestling khapsagai had included itself following events: one Europe and two Asian championships held in 2011-2012 years. The first Europe championship on khapsagai wrestling was held in Lithuania, in Siauliai city (on 20-21st of May) and gathered 53 participants from 7 countries – Belorussia, Georgia, Lithuania, Norway, Poland, Russia and Ukraine. Athletes was competing in three weight categories as well as in an absolute championship. The owners of the first three places have become wrestlers from 3 countries, the Russian Federation, Ukraine and the Republic of Belorussia. The first Asian championship was organized in 2011, Puna c.,

India, (on 18-21st of December) where took part 45 athletes from 6 countries – India, Kazakhstan, Kyrgyzstan, Mongolia, Russia and Uzbekistan. Competition was held in five weight categories – till 60 kg, 70, 80, 90 and 90 and above kg. the biggest number of won awards belonged to Russian team.

Competitions on international level took place annually among juniors in the framework of International freestyle wrestling tournament in the memory of Olympic champion R. M. Dmitriev as well as have been included into the program of International Sports Games “Deti Azii” hold once in 4 years. It should be said, that in abovementioned Games the competition on wrestling khapsagai were held three times, twice in 2000 and 2016 in the form of official championship and once in 2012 as show off competitions.

The analysis of statistical data on the number of people going to the sections of the Yakut national wrestling khapsagai for the period of 2011 and 2017 allows to note that the number of people attending that section as the number of sections itself has increased in number. In comparison with the year 2011, in 2012 the general number of section participants (juniors, adolescents, men) has increased on 2% that is slightly differs from initial data. But, in a year, the national wrestling khapsagai section’s attendants number increased on almost 825 or on 34%, that reliably differs from initial data of the year 2011 and 2012 ($p < 0,05$). In 2014 that number has increased too, in comparison with previous year, the growth amounted to 32%, that is reliably differs in statistical data of 2011-2013 years ($p < 0,05$).

The analysis of dynamics for the number of engaged into the national wrestling khapsagai trainings in different ulus (region) and cities of the Republic of Sakha has revealed the fact, that in 7 years, since 2011, the number of juniors, adolescents and men training the wrestle systematically has significantly increased. There are also: the positive dynamics of changes in number of engaged in all ulus (regions) and cities, where located the ulus federations on the national wrestling khapsagai; uneven increase of the number of engaged into the training in dependence on ulus (region), which let to divide them into two groups. In the first group were included ulus (regions) and cities, where the number of engaged in 2017 varied from 203 (as in Gornyi ulus) up to 832 (in Yakutsk c.). 11 ulus (regions) have been included into this group: Amginskyi, Verkhnevilyuiskyi, Verkhoyanskyi, Gornyi, Kobyaiskyi, Namskyi, Srednekolymskyi, Suntarskyi, Tattinskyi, Churapchinskyi, Ust-Aldanskyi and Yakutsk city. The second group differs from the first by a smaller number of people interesting with training in the national wrestling khapsagai, as the number of engaged in seven years didn’t reach 200. In the second group there are 8 ulus (regions), such as: Vilyuiskyi, Zhiganskyi, Megino-Kangalasskyi, Nyurbinskyi, Oimyakonskyi, Olenekskyi, Tomponskyi and Hangalasskyi (Transmitting: Turkmen and Buyar, 2019).

2. Discussion and Results

In 2017-2018 academic year junior athletes specializing at the national wrestling khapsagai have been increasing their sports mastery in 16 Sports schools for children and junior of the Republic of Sakha, situated in such ulus (regions) as: Bulunskyi, Vilyuiskyi,

Verkhoyanskyi, Verkhnevilyuiskyi, Kobyaiskyi, Mirninskyi, Neryungrinskyi, Nyurbinskyi, Oimyakonskyi, Olekminskyi. The general number of those engaged with the national wrestling khapsagai in 17 Sports schools for children and junior of the Republic of Sakha for the 2017-2018 academic year amounted to 655 athletes. Among them, in the group for health strengthening there were 89 athletes, in groups for initial training of athletes and training groups has counted 331 and 235 athletes correspondingly. The analysis of qualitative indexes of engaged athletes in Sports schools for children and junior it's notable the uneven distribution of athletes to sports facilities. Thus, current year in 5 Sports schools for children and junior of different ulus (regions) was engaged 360 athletes that is 55% of all children, juniors and adolescents involved with the national wrestling khapsagai, while the rest 45% are distributed in 12 other Sports schools for children and junior.

About the appliance of the historical and pedagogical experience of the Yakut national wrestling khapsagai in its development there were analyzed the data concerning the realization of the Yakut national wrestling khapsagai heritage in the study process of the students in higher institutions. As an index for the development of the Yakut national wrestling khapsagai is represented the dynamics of highly qualified specialists' numbers. There were identified the current complexities for further development of the Yakut national wrestling khapsagai in modern conditions.

The results obtained during the research on history and development of the Yakut national wrestling khapsagai have been implemented into educational and training processes of students studying at in higher institutions, such as: The institute of physical culture and sport at North-East Federal university named after M. K. Ammosov, Churapchin State Institute for physical culture and sport.

With the purpose of revealing the difficulties the development of wrestling khapsagai there was conducted questioning for coaches on the given kind of sport belonging to the people of Sakha. It was acknowledged, that great number of coaches, about 43% of questioned have the education of physical culture teachers and only 9,4% of specialists have the bachelor degree in physical education with specification at "National kinds of sport and national games". The rest of respondents are specialists in adaptive physical culture (3,1%), in physical culture and security of the life's activity (6,3%) and in freestyle wrestling (37,5%). The questioning's results analysis has showed the lack of information on ethnocultural traditions of the national wrestling khapsagai in available scientific literature as such kind of information would be very useful for coaches in their qualification increasing process of their professional activity. As well as they feel the lack of such information for scientific literature about the wrestling khapsagai where should be covered the data concerning its formation and development of this national kind of sport, the information of building the training process on different phases of long-years preparation, information on physical preparedness and its control, physical conditions, selection process, appliance of non-training means, athletes' recovery and others.

On the question of what is necessary for the development of the national wrestling khapsagai 90,6% of coaches said about the necessity of a systematic work of the Republic

federation, 87,5% pointed the necessity of having qualified coaches of the wrestling khapsagai, 53,1% told about the development of children and juniors' sport of the wrestling of khapsagai. One more variant for reply was suggested by the respondents, 91,0% of whom actually choose that variant – to keep and develop traditions in the national wrestling khapsagai (special uniform, participants' and winner's rituals, etc.). By the way of analyzing and synthesis of materials of dissertation research, report materials of competition, archive and regulatory documents, questioning results and formalization were designated the development ways of the national wrestling khapsagai, which included itself following: raising the number of qualified coaches of the national wrestling khapsagai, including the specialists for the work with children; working out the unified scientifically based system for the competitions; restoring the organization and conducting of the regular championships of Russia on national wrestling khapsagai; performing scientific and methodological provision for athletes preparation in khapsagai wrestling.

In such a way, the result of our research study can be concluded as follow:

- a). The analysis and synthesis of research materials on the issues of the history of formation and development of Yakut national wrestling khapsagai revealed the lack of data concerning the social and historical conditions of originating, its formation and development phases of Yakut national kind of sport. It was shown the information deficit about conditions of the interrelation of nature and climatic, ethnical, historical conditions of formation of the khapsagai wrestling along with the data of ethnosocial significance, organizational and methodical aspects of the Yakut national wrestling khapsagai in modern socio-economic conditions.
- b). The conditions of formation and development of the Yakut national wrestling khapsagai have been concretized, such as: natural, climatic, ethnosocial and historical. It was demonstrated that rough climatic and geographical conditions of Great North significantly influencing in the physical condition of people, life spans and its quality, the state of health. Historical events, full for wars as well as traditions and customs of people living on the territory of the Republic of Sakha have put special demands for men, who have intentions to be agile, strong, fast and endure. And one of the activity types was "khapsagai" which in translation from the Sakha language means "agility, speed, strength, endurance", an activity which allowed men to preserve fine physical conditions. Such men could hold normal functioning of life, to go for hunting, his labour activity within extremely rough geographical conditions.
- c). It is identified that the wrestling khapsagai being as a national kind of sport having its own traditions and customs is an essential part of physical education and have one of the leading positions in ethnopedagogy of the Sakha people. Also, as it was determined in the traditions of national education a high emphasis is placed for physical education as a phenomenon ensuring humans life activity. So, the human's physical preparation becomes not an aim, but as crucial condition for living and laboring by its own. Within the traditions, physical culture is a constituent part of spiritual culture of the people and the physical development plays significant role in social formation of a human and becomes a basis for his physical and spiritual health. In historical times in the Yakut

national wrestling khapsagai the methods and means of traditional physical exercises have been applied, the focus of which is made for the development of physical qualities. One of the key components of ethnical pedagogy are national games which related with education and passed from generation to generation. In these games the people's life, their everyday routine, labor, and ethnical concepts for the honest, bravery and courage are reflected.

d). We have identified the positive dynamics on engagement indexes of those who goes in for the national wrestling khapsagai among the population of different age for the period of 2011 to 2017 years. The index of engaged with khapsagai in Sports schools for children and junior, sports sections organized by Republic Center for national kinds of sport named after V. Manchaary, the republic and ulus khapsagai federations in different cities and villages of the Republic of Sakha in 2011 amounted to 2400 athletes (men – 1632, juniors – 768). In 2017 that index has risen up on 22,1%, that equal to 5316 athletes (men – 2727, juniors – 2589). The number of engaged by the wrestling khapsagai in 17 Sports schools for children and junior for the 2017-2018 academic year is 655, 89 of which have been attending health strengthening group, in groups for initial training of athletes and training groups has counted 331 and 235 athletes correspondingly. It is shown the constant growing number of athletes participated at the competitions on khapsagai of various levels for the period of 2011-2017 years. The lowest number of participants was recorded in 2011 and was equal to 2097, while the highest index was recorded in 2016 and there were 5632 athletes. Along with men, the veterans and adolescents have also taken part regularly, the number of which differed within 240-578 and 229-2672 man in a year correspondingly.

e). The competition system in khapsagai wrestling has underwent significant changes in XX century. Until 1923 the wrestler's competitions differed by its disorganization character, they were held during the celebration of various holydays. Since 1927 khapsagai was admitted as a national kind of sport by Yakut Council for physical culture at Yakut Central Execution Committee. In 1932 there were organized and conducted the first official khapsagai competitions in honor of celebration 10th anniversary for establishment of autonomy Republic of Sakha. Starting from 1968 khapsagai is included into the Spartakiade on national kinds of sport namely "Igry Manchaary" (The Games of Manchaara) which is the largest competition of the Republic of Sakha. Nowadays this championship is held once in four years and has a great popularity among the local people. In 2003 the wrestling khapsagai has been included into Russian register of sports kinds and registered at the Ministry of Sport, Tourism and Youth affairs of the Russian Federation (an order № 546, 16.07.2003 y.). The creation of the regional public organization "Federation of the national wrestling khapsagai of the Republic of Sakha" in 2011 had own positive impact on the development of the Yakut national wrestling khapsagai in contemporary socio-economic conditions. During its function there were conducted 128 competitions on the republic level, 6 competition all over the Russia and 7 international championships.

f). In international movement khapsagai had appeared in 2010, after its inclusion into World federation of united styles for wrestling FILA. In the history of the national

wrestling khapsagai development there were held one European championship and two Asian championships organized in 2011-2012 years. Since 2011 competitions on international level took place annually among juniors in the framework of International freestyle wrestling tournament in commemoration of Olympic champion R.M. Dmitriev. Moreover, competitions on the wrestling khapsagai have been included into the program of International Sports Games "Deti Azii" hold once in 4 years. It should be said, that in abovementioned Games the competition on wrestling khapsagai were held three times (2000, 2012, 2016 years). Beyond the bounds of the Republic of Sakha, khapsagai has found its admirers in Mongolia, where were held the Yakut national wrestling khapsagai competitions during several years in a row.

g). It was defined that the regular growth of number engaged with the national wrestling khapsagai has reflected on the expediency of opening the department of preparing specialists in this national kind of sport. During of 18 years of its work, the department of "National kinds of sport and people's games" at the Institute of physical culture and sport of North-Eastern Federal university having started its functioning on 1st September in 2001, had prepared 62 qualified specialists on the national wrestling khapsagai, 33 of whom (which means 53,2% out of total number of specialists) have been provided with work later in the period of 2005 to 2018. All of them working in the Republic of Sakha in the field of physical culture and sport. The department of sports single combats, traditional games and competitions being founded in 2011-2012 years on the basis of Churapcha State Institute of physical culture and sport had educated 27 specialists. Out of 89 specialists who got higher education in two higher institutions of physical culture 29 of them have been placed to work at the Ministry of Internal Affairs, Ministry of Emergency, Federal Services of the National Guard Forces (32,6%) within 13 years; as a teacher of physical culture and sport at comprehensive schools are working 28 specialists (31,4%). On the position of coaching in Sports schools for children and juniors and the Specialized Sports Schools of higher mastery work 31 specialist (34,8%). However, this number is insufficient in the Republic of Sakha for providing with training process of all those engaged with the national wrestling khapsagai, the number of which reaches 5316 as it was revealed earlier.

3. Result

The conducted questioning of coaches on the national wrestling khapsagai with its consequent analysis of the results by the method of expertise evaluation has showed that 43,8% of coaches are teachers of physical culture according to their education, and only 9,4% of specialists have a bachelor degree in physical culture and sport, with specialty in "National kinds of sport and the people's games". 3,1% of specialists have the education in adaptive physical culture, 6,3% in physical culture and security of the life's activity, and 37,5% in freestyle wrestling. 100% of respondents need the courses for increasing the qualification for raising the quality of their professional activities. The same amount of coaches has confirmed the fact that they have a shortage of scientific and methodological literature on the wrestling khapsagai and told they would uphold the provision with

scientific and methodological literature of the students. 87,5% pointed the necessity of having qualified coaches of the wrestling khapsagai, 53,1% told about the development of children and juniors' sport of the wrestling of khapsagai, 90,6% shared with their wish to keep and develop traditions in the national wrestling khapsagai (special uniform, participants' and winner's rituals, etc.). Although all of the coaches are telling their students about the history of formation and development of the national wrestling khapsagai, but on that level these knowledges are insufficient due to the shortage of scientific and methodological literature. Khapsagai, a sport with its own national elements, is an integral part of physical education and social ceremonies and that the Sakha people are leaders in ethnopedagogy; that it was carried to the international dimension by adapting to contemporary conditions; it has been concluded that these official efforts have achieved their purpose and are increasing in popularity at national and international level.

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