

STATE COMMITTEE FOR PHYSICAL CULTURE AND SPORT  
OF TURKMENISTAN

MINISTRY OF EDUCATION OF TURKMENISTAN

TURKMEN STATE INSTITUTE OF PHYSICAL EDUCATION AND SPORTS



*ASHGABAT*

23-28 NOVEMBER  
2023

THE XIV WORLD KURASH  
CHAMPIONSHIP REFERENCE BOOK



UOK 796

K 85

**K 85 The XIV World Kurash Championship Reference Book.**

– A.: Ylym, 2023. – 48 p.

This Reference Book is intended for volunteers and participants of the XIV World Kurash Championship to be held in our country in 2023. Reference Book was prepared by the State Committee for Physical Culture and Sports of Turkmenistan, Ministry of Education of Turkmenistan and Turkmen State Institute of Physical Education and Sports. It was approved at the meeting of the Scientists' Council of the Turkmen State Institute of Physical Education and Sports, at the meeting of Methodical Cabinet of the State Committee for Physical Culture and Sports of Turkmenistan and at the meeting of the educational-methodological Council of the «Physical Education and Sports» department of the Ministry of Education of Turkmenistan.

TSBCh № 279, 2023

KBK 75.7

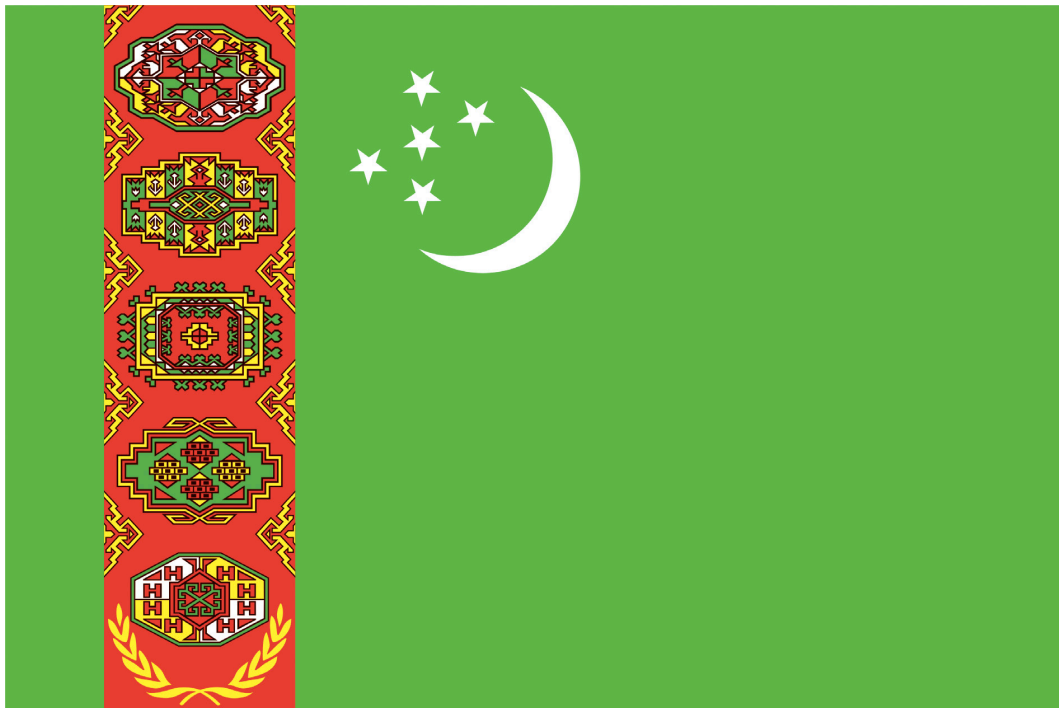


**PRESIDENT OF TURKMENISTAN  
SERDAR BERDIMUHAMEDOV**





**THE STATE EMBLEM OF TURKMENISTAN**



**THE STATE FLAG OF TURKMENISTAN**

## THE STATE ANTHEM OF TURKMENISTAN

I am ready to give life for native hearth,  
The spirit of ancestors descendants  
are famous for.  
My land is sacred. My flag flies in the world  
A symbol of the great neutral country flies.

*Refrain:*

The great creation of people,  
Native land, sovereign state,  
Turkmenistan, light and song of soul,  
Long live and prosper for ever and ever!

My nation is united and is veins of tribes  
Ancestor's blood, undying flows,  
Storms and misfortunes of times are  
not dreadful for us,  
Let us increase fame and honour!

*Refrain:*

The great creation of people,  
Native land, sovereign state,  
Turkmenistan, light and song of soul,  
Long live and prosper for ever and ever!

## *PREFACE*

In accordance with the Decree of our Esteemed President on holding the World Kurash Championship on November 23-28 of this year has been authorized. On August 16, 2023 signing the Agreement on holding the XIV World Kurash Championship in Ashgabat as well as the ceremony of handing over the flag of the International Kurash Association to the State Committee for Physical Culture and Sports of Turkmenistan was held in an organized way.

In the Epoch of Revival of the New Era of the Powerful State, in our Motherland, the country of health and spirituality, thanks to the efforts of our Arkadagly Hero Serdar and our Hero Arkadag much attention is paid to the development of the highly effective sports, mass physical training-sports and health-improving actions and the realization of the principles of health and spirituality at the state level.

The international sports reputation of our country started on the great initiatives of our Hero Arkadag, and being successfully continued by our Arkadagly Hero Serdar in the New Era is reaching to the new levels.

The holding of various competitions, as well as international competitions in our Motherland which is recognized as a country capable of hosting major international sports competitions in the world becomes the fruitful realisation of our national sports strategy.

In our Independent, Permanently Neutral country integrated activities in creating the advanced sports system, educating physically and mentally healthy generations, developing the Olympic movement, strengthening international cooperation in this field, identifying young talents in sports and encouraging them and providing favorable conditions for training

professional athletes at the international level are realized.

The document signed on the basis of a trilateral Agreement of the representatives between the International Kurash Federation, Kurash Wrestling Federation of Turkmenistan and the State Committee for Physical Culture and Sports of Turkmenistan will be very important for the successful holding of the World Kurash Championship. This agreement, which includes all the details of the issues related to the holding of the World Championship, not only ensures the highly organization of conducting of the competition, but also regulates all types of activities in this regard.

In 2003, Kurash as a type of sport was recognized by the Olympic Council of Asia. The last World Kurash Championship was held in Pune, India in 2022.

The Decree of our Honorable President on holding the World Kurash Championship in Ashgabat, the capital of Turkmenistan, in November 2023, set specific tasks and goals before us. In this regard, in accordance with the relevant document signed by our Arkadagly Hero Serdar, the Organizing Committee of the World Championship was established and its members were approved. On the initiative of our National Leader the Turkmen athletes who will participate in the World Kurash Championship are training in Arkadag city which has high-level possibilities. It is the sacred duty of each Turkmen athlete to wave the flag of the Motherland and spread the achievements of Turkmen sports all over the world with their sports victories.

We wish our national athletes the winning of the confident victories in the upcoming World Kurash Championship and raise the sports reputation of our country to the high levels.

## INFORMATION ABOUT THE EMBLEM OF THE XIV WORLD KURASH CHAMPIONSHIP



In the center of the emblem of the XIV World Kurash Championship the figure of a wrestler with the image of the Turkmen Alabay was depicted. The abstract shape of the globe behind it indicates that this is the international event. All of them are surrounded by a ring with a belt, which is typical for this type of wrestling. The updated images give the World Kurash Championship emblem a unique national look.

# ASHGEBAT

23-28 NOVEMBER  
2023



### TYPES OF MEDALS

Medals: 60 in total

Gold medals: 15

Silver medals: 15

Bronze medals: 30

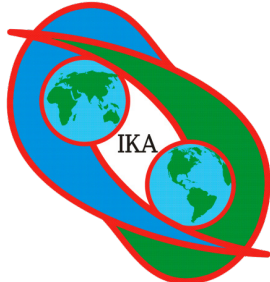




**GENERAL INFORMATION**  
**ABOUT THE XIV WORLD KURASH CHAMPIONSHIP**

<b>IKA Congress and Meetings</b>	23-26.11.2023
<b>Days of competition to be held</b>	27-28.11.2023 (daily start time 10:00 AM to 8:30 PM)
<b>Venue of the competition</b>	«Martial Arts» Sports complex of the Olympic Village
<b>Opening ceremony of the competition</b>	«Martial Arts» Sports complex of the Olympic Village 25.11.2023, at 7:30 PM
<b>Participating countries</b>	53
<b>Athletes and Officials</b>	491
<b>Referees at the International level</b>	40
<b>Numbers of the doctors</b>	94
<b>Volunteers</b>	250 students from the higher educational establishments of the Ministry of Education of Turkmenistan, work is carried out in 14 directions
<b>Weight categories</b>	<i>Men:</i> 60 kg, 66 kg, 73 kg, 81 kg, 90 kg, 100 kg, +100 kg <i>Women:</i> 48 kg, 52 kg, 57 kg, 63 kg, 70 kg, 78 kg, 87 kg, +87 kg
<b>A facility for training</b>	Training hall of «Martial Arts» Sports complex of the Olympic Village
<b>Accommodation for VIP guests, referees and media</b>	«Sport» hotel
<b>Accommodation for athletes and coaches</b>	«Turgener» hotel of Olympic Village
<b>Medals</b>	15 medal sets 60 medals



## **INFORMATION ABOUT THE INTERNATIONAL KURASH ASSOCIATION**

<b>International Kurash Association (IKA)</b>	
<b>Year of the establishment of the International Kurash Association</b>	1998
<b>Location of the International Kurash Association</b>	Tashkent, The Republic of Uzbekistan
<b>President of the international Kurash Association</b>	Mr. Haider A. Farman (Kuwait)
<b>Member Countries of the International Kurash Association</b>	118 states (32 from Asia, 9 from Oceania, 22 from Africa, 33 from Europe, 22 from North and South America)

## **INFORMATION ABOUT THE KURASH FEDERATION OF TURKMENISTAN**

<b>The Kurash Federation of Turkmenistan (TKF)</b>	
<b>Year of the establishment of the Kurash Federation of Turkmenistan</b>	2014
<b>Location of the Kurash Federation of Turkmenistan</b>	Ashgabat, Turkmenistan
<b>Head of the Kurash Federation of Turkmenistan</b>	Mr. Serdar Atayev (Turkmenistan)
<b>General secretary of the Kurash Federation of Turkmenistan</b>	Mr. Owezmuhammet Atalyyev (Turkmenistan)

## PARTICIPATING COUNTRIES IN THE XIV WORLD KURASH CHAMPIONSHIP

	Afghanistan		Lithuania
	Bangladesh		Malaysia
	Bulgaria		Malta
	Cameroon		Mauritius
	Chinese Taipei		Mexico
	Colombia		Moldova
	Costa Rica		Mongolia
	Dominican Republic		Nepal
	DR Congo		Pakistan
	Egypt		Republic of the Congo
	France		Romania
	Georgia		Saudi Arabia
	Germany		Singapore
	Great Britain		South Africa
	Greece		South Korea
	Haiti		Spain
	IKA		Sri Lanka
	India		Tajikistan
	Indonesia		Thailand
	Iran		Turkey
	Iraq		Turkmenistan
	Italy		Ukraine
	Japan		United States of America
	Kazakhstan		Uzbekistan
	Kuwait		Vietnam
	Kyrgyzstan		Zimbabwe
	Latvia		

**PROGRAMME OF THE XIV WORLD KURASH CHAMPIONSHIP TO BE HELD IN THE «MARTIAL ARTS» SPORTS COMPLEX OF THE OLYMPIC VILLAGE OF ASHGABAT CITY  
NOVEMBER 23-28, 2023**

**Venue:** «Martial Arts» sports complex of the Olympic Village of Ashgabat city

Time	Activities to be held	Venue
<b>Thursday, November 23, 2023</b>		
<b>During the day</b>	Arrival of the participants of the World Kurash Championship in Ashgabat and their welcoming at the Ashgabat International Airport as well as their accommodation in the «Sport» and «Turgenler» hotels of the Olympis Village	Ashgabat International Airport and checkpionts of our country (border points)
<b>18:00 – 20:00</b>	Seminar of the Organizing Committee of the International Kurash Association	Small Conference hall of the «Sport» hotel
<b>Friday, November 24, 2023</b>		
<b>During the day</b>	Registration of the national teams of the participating countries, accreditation as well as the the registration of the back of the clothes (yakhtak) of the athletes to be worn in the competition	«Sport» and «Turgenler» hotels
<b>06:30 – 08:00</b>	Breakfast	
<b>09:00 – 12:00</b>	Training for the national teams of participating countries in the World Championship	Training halls of the «Martial arts » sports complex
<b>12:00 – 14:00</b>	Dinner	«Sport» and «Turgenler» hotels
<b>15:00 – 18:00</b>	Training for the national teams of participating countries in the World Championship	Training halls of the «Martial arts » sports complex
<b>18:00 – 19:00</b>	Registration of the participants for the international training-seminar for referees and coaches	Conference hall of the «Martial arts » sports complex
<b>19:00 – 21:00</b>	Dinner	«Sport» and «Turgenler» hotels
<b>Saturday, November 25, 2023</b>		
<b>06:30 – 08:00</b>	Breakfast	«Sport» and «Turgenler» hotels

09:00 – 12:00	Training for the national teams of participating countries in the World championship	Training halls of the «Martial arts » sports complex
09:00 – 12:00	A workshop seminar for coaches organized by the International Testing Agency (ITA)	Conference hall of the «Martial arts » sports complex
10:00 – 12:00	Media forum for journalists on the theme «World Kurash Championship in the media»	Conference hall of the «Sport» hotel
13:00 – 14:00	Dinner	«Sport» and «Turgenler» hotels
14:00 – 18:00	Training for the national teams of participating countries in the World championship	Training halls of the «Martial arts » sports complex
14:00 – 18:00	Congress of the International Kurash Association (with the participation of the leaders of the National Federations of the countries)	Conference hall of the «Sport» hotel
19:30 – 20:30	<b>Opening ceremony of World Championship</b>	«Martial arts » sports complex
21:00 – 22:00	Dinner	«Sport» and «Turgenler» hotels
<b>Sunday, November 26, 2023</b>		
06:30 – 08:00	Breakfast	«Sport» and «Turgenler» hotels
09:00 – 13:00	International training-seminar for coaches and referees	Training halls of the «Martial arts » sports complex
13:00 – 14:00	Dinner	«Sport» and «Turgenler» hotels
15:00 – 17:00	International training-seminar for coaches and referees	Training halls of the «Martial arts » sports complex
15:00 – 17:00	The meeting of the Organizing Committee of the International Kurash Association	Small Conference hall of «Sport» hotel

17:00 – 18:00	A meeting of the referees	Conference hall of «Turgenler» hotel
18:00 – 19:00	Official draw for all weight categories	
19:00-21:00	Dinner	«Sport» and «Turgenler» hotels
<b>Monday, November 27, 2023</b>		
06:00 – 07:00	Breakfast	«Sport» and «Turgenler» hotels
07:30 – 08:30	Weighing of the weight of athletes: <b>Weight categories:</b> Men: -90 kg., -100 kg., +100 kg.; Women: -48 kg., -52 kg., -57 kg., -63 kg., -70 kg.	«Martial arts» sports complex
10:00 – 13:00	Peliminary wrestling: <b>Weight categories:</b> Men: -90 kg., -100 kg., +100 kg.; Women: -48 kg., -52 kg., -57 kg., -63 kg., -70 kg.	
14:00 – 15:00	Dinner	«Sport» and «Turgenler» hotels
15:00 – 18:00	Semi-final competition: <b>Weight categories:</b> Men: -90 kg., -100 kg., +100 kg.; Women: -48 kg., -52 kg., -57 kg., -63 kg., -70 kg.	«Martial arts» sports complex
18:00 – 19:30	Final stage of competiton, final wrestling: <b>Weight categories:</b> Men: -90 kg., -100 kg., +100 kg.; Women: -48 kg., -52 kg., -57 kg., -63 kg., -70 kg.	«Martial arts» sports complex
19:30 – 20:30	<b>Awarding ceremony of the winners of the World Championship</b>	
20:30 – 21:30	Dinner	«Sport» and «Turgenler» hotels
<b>Tuesday, November 28, 2023</b>		
06:00 – 07:00	Breakfast	«Sport» and «Turgenler» hotels

<b>07:30 – 08:30</b>	Weighing of the weight of athletes: <b>Weight categories:</b> Men: -60 kg., -66 kg., -73 kg., -81 kg.; Women: -78 kg., -87 kg., +87 kg.	«Martial arts» sports complex
<b>10:00 – 13:00</b>	Peliminary wrestling: <b>Weight categories:</b> Men: -60 kg., -66 kg., -73 kg., -81 kg.; Women: -78 kg., -87 kg., +87 kg.	
<b>14:00 – 15:00</b>	Dinner	«Sport» and «Turgener» hotels
<b>15:00 – 18:00</b>	Semi-final competition: <b>Weight categories:</b> Men: -60 kg., -66 kg., -73 kg., -81 kg.; Women: -78 kg., -87 kg., +87 kg.	«Martial arts» sports complex
<b>18:00 – 19:30</b>	Final stage of competiton, final wrestling: <b>Weight categories:</b> Men: -60 kg., -66 kg., -73 kg., -81 kg.; Women: -78 kg., -87 kg., +87 kg.	
<b>19:30 – 20:30</b>	<b>Awarding ceremony of the winners of the World Championship</b>	
<b>20:30 – 23:00</b>	Official closing dinner	«Sport» hotel
<b>During the day</b>	Depature of the teams of the paticipating countries of the World Kurash Championship	Ashgabat International Airport and checkpionts of our country (border pionts)

## FROM THE HISTORY OF WORLD KURASH CHAMPIONSHIP

The word «Kurash» is the Uzbek word that is translated as «Achieving the goal with a sincere heart». Kurash wrestling is one of the ancient types of wrestling. Kurash Wrestling has a history of almost three and half thousand years. Kurash was a wrestling that was held at the bank of the Amuderya River in almost all villages of Lebap Velayat during wedding and big celebrations.

2500 years ago, Herodotus, a famous ancient Greek philosopher and historian mentioned about Kurash wrestling in his historical works. The outstanding thinker and scientist of the 10th century, Avicenna, the founder of world medicine wrote: «Exercising wrestling helps to keep a healthy body spiritually». In the 14th century Teymir, famous commander in the world made the army do wrestling in order to strengthen them physically.

Since the 20th century great attention has been paid to wrestling in Uzbekistan. From 1991, Islam Karimov, the first President of the Republic of Uzbekistan, promoted the further development of wrestling and its introduction to the world arena. On September 6, 1998, 28 countries participated in the 1st International Congress held in Tashkent, the Republic of

Uzbekistan, including countries from Asia, Europe and the countries of Pan America and agreed to establish the International Kurash Association. The representatives of Turkmenistan took part in that first Congress under the leadership of Merzakuly Kurbanov. The main purpose of the establishment of the International Kurash Association is to promote Kurash wrestling in the world and include it into the Olympic Games.

On December 25, 2014, the Kurash Federation of Turkmenistan was accredited and approved by the Ministry of Justice. We can mention the name of Merzakuly Kurbanov, the main creator of the Kurash Federation and among the founders of Kurash wrestling in Turkmenistan, the head coach of our first National team with respect. The Kurash Federation of Turkmenistan is included in the structure of the International Kurash Association (IKA) and the Asian and Oceania Kurash Confederation (KCAO) at the international level. During the years of Independence, Turkmen athletes took part in the World Kurash competitions and won prize placing. Kurash was included in the program of the V Asian Indoor and Martial Arts Games held in Ashgabat, and our Turkmen athletes achieved great success.





## YEARS OF WORLD CHAMPIONSHIPS

Championship	The date of Championship	Year	Venue	
I World Championship	May 1-2	1999		Tashkent, Uzbekistan
II World Championship	July 13-17	2000		Antalya, Turkey
III World Championship	August 25-26	2001		Budapest, Hungary
IV World Championship	August 30 - September 2	2002		Yerevan, Armenia
V World Championship	November 24-27	2005		Tashkent, Uzbekistan
VI World Championship	October 25-29	2007		Ulaanbaatar, Mongolia
VII World Championship	October 9-10	2009		Alusta, Ukraine
VIII World Championship	October 19-24	2011		Termiz, Uzbekistan
IX World Championship	December 12-16	2013		Stambul, Turkey
X World Championship	November 2-6	2015		Khorramabad, Iran
XI World Championship	November 30- December 3	2017		Stambul, Turkey
XII World Championship	August 30 - September 6	2019		Chungju, Korea
XIII World Championship	November 23-28	2022		Pune, India
XIV World Championship	November 23-28	2023		Ashgabat, Turkmenistan

## ***ACHIEVEMENTS GAINED BY THE TURKMEN ATHLETES IN KURASH***

Turkmen athletes participated in the 10th World Championship held in Khorramabad, the Islamic Republic of Iran in 2015 and Marat Orazov won the 3rd place in the 66 kg. weight category and Serdar Jummiyev won the 3rd place in the 81 kg. weight category and Nuryagdy Jepbarov won 3rd place in the 73kg weight category.

Turkmen athletes participated in the Asian Beach Games held in Da Nang, Vietnam in 2016 and Nuryagdy Jepbarov took 2nd place in the 73 kg weight category, Sanjar Abdyrahmanov took the 3rd place in the 81 kg weight category, Muhammet Temirov took the 3rd place in the 81 weight category, Yhlas Setdarov took the 1st place in the 90 kg weight category, Nabi Aliyev took the 2nd place in the 90 kg weight category, and Zarina Saparova took the 3rd place in the 48 kg weight category.

Turkmen athletes participated in the International Beach Games held in Chinese Taipei in 2016 and Erkin Omurzakov took the 1st place in the 60 kg weight category, Nuryagdy Jepbarov took the 2nd place in the 73 kg weight category, Sanjar Abdyrahmanov took the 1st place in the 81 kg weight category, Muhammet Temirov took the 2nd place in the 90 kg weight category, Rustamjan Basimov took the 3rd place in the 48 kg weight category, Zarina Saparova took the 3rd place in the 48 kg weight category, Ayshirin Haydarova took the 3rd place in the 57 kg weight category, Ayna Jumakuliyeva won the 3rd place and Orazgul Seyidova the 3rd place in the 70 kg weight category.

Turkmen athletes participated in the V Asian Indoor and Martial Arts Games held in Ashgabat, Turkmenistan on September

17-27, 2017 and Erkin Omurzakov won the 2nd place, Shohrat Hallyev 3rd place in the 60 kg weight category, Marat Orazov won the 1st place, Nedir Allaberdiyev won the 2nd place in the 66 kg weight category, Muhammed Temirov won the 3rd place in the 81 kg weight category, Guvanch Begaliev won the 3rd place in the 100 kg weight category, Begench Begaliev won the 3rd place in the +100 kg weight category, Zarina Saparova won the 1st place in the 48 kg weight category, and Sayyara Ereshova won the 2nd place, Aynur Amanova won the 3rd place in the 52 kg weight category, Mehriban Kurbanova won the 3rd place in the 57 kg weight category, Maral Sultanova won the 2nd place and Gulshat Nasyrova won the 3rd place in the 63 kg weight category, Orazgul Seyidova won the 3rd place and Gozel Karimbaeva won the 3rd place in the 78 kg weight category, Shirin Kubayeva won the 2nd place in the 87 kg weight category and Anna Dmitriyeva won the 2nd place and Leyla Aliyeva won the 3rd place in the +87 kg weight category.

On December 1-3, 2017, Turkmen athletes participated in the 11th World Championship held in the city of Istanbul, the Republic of Turkey and Shamuhammet Gurbanov won the 2nd place in the 60 category, Marat Orazov won 3rd place in the 66 kg weight category, Begench Baltayev won 3rd place in the 73 kg weight category, Dayanch Omirov won 2nd place in 81 kg weight category, Hudayberdi Jumayev won 3rd place in the 100 kg weight category, Zarina Saparova won 3rd place in 48 kg weight category, Mehriban Kurbanova won 3rd place in the 57 kg weight category and Gulshat Nasyrov won 3rd place in the 63 kg weight category.

On March 22-25, 2018 Turkmen athletes participated in the 11th Asian Championship held in Mumbai, Republic of India and Shamuhammet Gurbanow won the 2nd place and Marat Orazov won the 3rd place in the 66 kg weight category, Dayanch Omirov won 3rd place in the 81 kg weight category, Hudayberdi Jumayev won 2nd place and Dayanch Taganov won 3rd place in the 100 kg weight category Gulshat Nasyrova won 3rd place and Maria Lohova won 1st place in the 70kg weight category.

The World Kurash Martial Arts Masterships and World Championship were held in Chungju, in the Republic of South Korea in 2019. Turkmen athletes achieved great success in this competition:

- Ayshirin Haydarova won the 3rd place in the 48 kg weight category;
- Aynur Amanova won the 1st place

in the 52 kg weight category;

- Gulshat Nasyrova won the 2nd place in the 57 kg category;

- Dinara Hallyyeva won the 2nd place in the 63 kg category;

- Mariya Lohova won 2nd place in the 70 kg weight category;

- Shamuhammet Kurbanov won the 1st place in the 60 kg weight category;

- Muhammet Temirov won the 2nd place in the 73 kg weight category.

Athletes from 60 countries competed for the rewards in the World Kurash Championship held in Pune, India in 2022.

13 wrestlers from Turkmenistan, 7 men and 6 women participated in it and 3 of them returned with medals. In Turkmen team Ayshirin Haydarova won the silver medal in the weight category up to 48 kg, Aynur Amanova (up to 52 kg), and Aziza Kurbanova (up to 78 kg) won the bronze medals.



## *OLYMPIC CITY TO HOST THE WORLD KURASH CHAMPIONSHIP*



On November 5, 2010, with the participation of National Leader of the Turkmen people, our Hero Arkadag, the foundation of the Olympic city, one of the largest sports facilities in the Asian region, was laid in our capital city Ashgabat. One of the unique large sports complexes being built in our country is the Olympic City. This unique city in the Central Asian region has hosted several international competitions, the V Asian Indoor and Martial Arts Games in 2017, the World Weightlifting Championship in 2018, and the major international competitions such as the regional tournament of Central Asian countries between teenage boys and girls at the age of 12 or under 12 on tennis was held successfully in 2023. The construction of the Olympic Village in the capital of Independent, Permanently Neutral Turkmenistan consists of 3 stages and occupies 157 hectares including more than 30 different facilities. 5 billion US dollars was allocated for the implementation of this project.

The important components of the sports complex surround the Olympic stadium and the location on the highways of the capital on all four sides makes it easy to get to the facilities of the Olympic Village without any difficulties.

Close to the Olympic village there are

several higher educational establishments of Turkmenistan, namely the Turkmen State Institute of Economics and Management, the Turkmen State Institute of Culture and the Turkmen State Institute of Physical Education and Sports. It gives a great opportunity to use the sports facilities of the complex as an education and training base.

The creation of favorable conditions in Indoor sports facilities and their provision with specialized equipment gives opportunities conducting trainings and competitions, qualification and selection games in accordance with international standards and the requirements of sports technology through-out the year.

The intended land for the construction of the complex of buildings of the Olympic Village is about 2.5 km long and covers an area of 157 hectares.

In the main plan the construction of sports facilities was arranged in a such way that high-quality trainings and competitions could take place without any obstacles.

For this purpose, the complex is divided into several parts. Educational-training sports facilities are in the interior of the complex and sports arenas intended for the competitions are located close to the main roads of the city where underground passages are being built.

Main sports facilities include indoor arenas for 5000 and 15000 spectators, small and large training halls, indoor swimming pool for 5000 spectators, indoor tennis court for 4000 spectators, indoor athletics arena for 5,000 spectators and and VIP sports building.

The complex also includes sports arenas for 1000 spectators and training grounds for team sports.

The Olympic Stadium designed for 45000 spectators is located at the center of the complex. In the northern part of it on the top the image of Akhalteke horse symbolizing the pride and glory of the Turkmen people is depicted. Flags painted the image of the national Olympic emblem are installed on around of the half-roof. Besides that complex also includes such additional facilities as a medical and recreation center, a hotel desined for 450

people, a hotel with a media center desined for 800 people and a restaurant for 1000 people.

There are also parking spaces for 1000 vehicles in designated areas near the Olympic complex.

Olympic complex has complicated relief of the site of the construction and provides a good opportunity to create a landscaped park with a beautiful artificial lake, a children's playground and resting areas with a summer caffee and a buffet.

There are running and cycling tracks around the sports complex. All facilities and buildings of the complex are connected to each other by a monorail.

The green park zone divides the Olympic Village into two parts. Each of them has a cultural community center including cafes, restaurants, various sports clubs, service departments and shopping centers.



## «MARTIAL ARTS» SPORT COMPLEX TO HOST THE WORLD KURASH CHAMPIONSHIP



This arena with a capacity of 5000 spectators, can hold various types of martial arts games. The size of the main hall is 52x30m, it can accommodate three tatami mats at the same time.

In this arena sports competitions such as goresh, boxing, taekwondo and weightlifting can be held. When designed the project of this facility, the Olympic requirements for those types of sports were taken into account.



## RULES OF KURASH WRESTLING

Kurash wrestler's uniform is called yakhtak. The yakhtak should be blue or green, the trousers should be white and the belt should be red. The yakhtak is the cloth of the participant. In international competitions the participant called first wears a blue yakhtak and the second one wears a green yakhtak. On the back of the wrestler, it is necessary to have the weight category, the registration number of the wrestler (state or surname) and an advertisement below it.

The belt should be tied with a simple knot: the left end of the belt is inserted into



position. When standing the methods are used to perform actions with the help of hands and feet.

**The representatives, coaches and captain of the team.** The representative (leader) of the team acts as an intermediary between the referee teams and the participant. If there is no representative in the team, his duty is performed by the coach or captain of the team.

The representative is responsible for the order of the team members and their participation in time.



a ring-shaped knot with the right end of the belt.

**Venue of the competition.** World Kurash Championship is held on a special mat - gilam. The size of the gilam should be 14x14 meters. The size of the middle part of the gilam should be 9x9 meters. 2.5 meter



wide gilam is placed outside of the main fighting area for safety.

The wrestling is performed in a standing

The representative participates in drawing lots (if it is done with representative), meeting of referee groups. The representative has the right to make a complaint to chief referee orally or in writing (by referring the articles of the Regulation).

The representative is prohibited from interfering with the decisions of coaches, captain of team, referees and organizers of the competition.

The representative must be in the designated area during the competitions.

The team representative (coach) cannot be a referee at the same time.

When he doesn't perform his obligations, the representative is released in the mission of the leadership of the team.

**Referee team.** It is presented in accordance with the requirements of the Kurash Federation. 2-star or 3-star referees of the International Kurash Association can

only be referee at the World Championship.

The referee consists of the chief referee, deputy of chief referee, head of referees' team, general secretary, arbiters, side referee, stop-watch referees, secretaries, correspondents, team referees, service team, commentators, doctors, commandants and others.

Wrestlers' wrestling is judged by head of referees' team, arbiter, side referee, stop-watch referee, technical secretary and correspondent.

The actions of the wrestlers are evaluated by three referees: head of referees' team, arbiter, and side referee. They are from three different groups. Each of them will make their own decision on the wrestlers' wrestling and when the complaint and dispute is resolved they are obliged to justify their actions according to the rules established in the Regulations. The referee should wear a referee's uniform and obtain the referee's folder, license and rules of the competition. The referee's should be black jacket, trousers, black socks, white shirt and black tie.

**Chief referee.** Chief referee heads the competition and is responsible to the organizing body in accordance with the Rules of the Kurash Federation. The Chief referee has no right to change the Rules of the competition, to remove or replace the referees during the competition.

Participants, referees, team representatives, coaches should follow the instructions of the Chief referee. The duty of the Chief referee can be done by his assistant or one of the referees on gilam (tatami).

**General secretary.** General secretary heads the work of the tournament secretariat. One of secretaries is appointed as deputy to assist the General Secretary.

**Head of referees' team.** Head of referees' team sits behind of referees' table and observes the work of referees during the wrestling.

**Arbiter.** Arbiter being on the tatami mat and using the warning of referee (words



and signs) heads and evaluates the wrestling, and actions of wrestlers, and supervises compliance with the rules of wrestling.

**Refereeing.** In the refereeing two referees such as a side referee and referee on tatami are responsible for the results. Referee stands on gilam (tatami) and heads the wrestling and defines the results. Totally 13 actions are performed. Refereeing is carried out in the Uzbek language.

«Tazim» - showing respect and bending.

«Kurash» - beginning of the wrestling.

«Tokhta» - stopping wrestling.

«Ortaga» - wrestlers are invited to the center of gilam.

«Bekor» - manoeuvre or throw is announced without result.

«Jazo» - fighting is changed into belt wrestling.

«Vagt» - end of wrestling.

*Results*

«Khalol» - pure victory(10:0).

«Yonbosh» - half victory(5:0).

«Chala» - result (3:0).

*Warning*

«Tambeh» - «Chala» evaluation is added to the opponent.

«Dakki» - «Yonbosh» evaluation is added to the opponent.

«Girrom» - «Khalol» evaluation is added to the opponent and becomes the winner of the wrestling. The wrestler who gets Girrom leaves the wrestling.

**Side referee.** Side referee stands near the gilam, in front of the referees' table.

If necessary he can stand close to the



wrestlers to get better view of the complicated situations.

**Stop-watch referee.** Stop-watch referee will sit at the table of head of referees' team. If there is no score in the wrestling, after two minutes the referee announces «jazo». One minute is given to «jazo». If the task is not performed, the less active wrestler is given a «tambeh» warning, then the wrestling goes on.

**Technical secretary, reporter, commentator.** The technical secretary sits at the table of the head of the mat and makes the necessary notes in the referee's report during the wrestling, notes the evaluation of technical actions and warnings, which is reported by the head of the referees.

*The glim reporter* displays the score of the wrestler on an electronic board, after the head of the referees has announced scores.

*The commentator* informs the program and the order of the competition, introduces the participants of the wrestling, gives them a sports description, explains the individual conditions of the competitions and tells the result of each wrestling according to the referee's decision. According to the state of the broadcasting equipment, it is possible to combine the duties of stop-watch referee and a reporter or a technical secretary and a reporter.

**Referee with the participants.** A referee with the participants should perform the following tasks:

- before the beginning of the competitions, controls the number of participants of that competition and their clothes;
- introduces the participants to the program and the schedule of the competitions;
- explains the wrestlers the rule of getting to glim.

He informs the chief referee or head of referees about absentees and disqualifications.

**Doctor of competition.** The doctor of the competitions is a member of the referee as the medical deputy of the chief referee.

**Commandant of the competition.** Commandant of the competition is responsible for the timely preparation and artistic decoration of the venue of the competition, the accommodation and service of the participants, the maintenance of the order during the competition, and also provides all necessary measures according to the instructions of the chief referee. The commandant is responsible for the preparation and use of special equipment, tools intended for the competition.

**Order of competition.** The athlete who lost is not allowed to the next competition, (loser should leave), if there are 5 or less athletes in one weight category the competition is held in a round format (each athlete will compete with other athlete).

**Rule of competition.** Competition is held according to the official rules of the International Kurash Association (IKA).

#### **Registration.**

##### *Athletes:*

The National Federations that are members of the International Kurash Association (IKA) may nominate one (1) athlete per weight category.

One (1) reserve athlete from each weight category may be entered as a final entry. Each nation may also substitute one (1) athlete for another athlete at any time prior to the start of the competition, and the replaced athlete may be included as a reserve athlete for the weight category or another weight category.

Atheletes of the level (rating0 of martial arts similar to kurash are not eligible to participate in the championship.

##### *Representatives of Congress:*

It is registered after filling out the required forms and sending it to the headquarters (HQ) of the International Kurash Association (IKA). A wrestler participating in the International Kurash Association (IKA)

election as a candidate should attend the International Kurash Association election congress.

**The weight categories and requirements of the athletes.** Athletes 17 years of age and older can also participate in the championship.

*Men:* -60 kg, -66 kg, -73 kg, -81 kg, -90 kg, -100 kg, + 100 kg.

*Women:* -48 kg, -52 kg, -57 kg, -63 kg, -70 kg, -78 kg, -87 kg, + 87 kg.

Each country can participate with only 1 (one) athlete in each weight category.

All athletes must be citizens of the country they represent.

**Obligations of the participants.** All athletes must bring the following documents to the official weight weighing:

- Passport or Accreditation Card.

*Uniform of the athletes:*

- All athletes should wear a standard kurash uniform - yakhtak (blue and green) approved by the International Kurash Association (IKA);

- the athlete who does not wear kurash uniform - yakhtak will be removed from the competition (disqualification).

**Provision with transport.**

*Welcoming at the Airport:*

- All participants will be welcomed at Ashgabat International Airport.

*Welcoming at the border:*

- Representatives of neighboring countries who will cross the border by land will be welcomed at the border by the Local Organizing Committee;

- Organizing Committee will meet and see off all teams hospitably;

- during the championship local

vehicle will be provided by the Organizing Committee for to take the representatives to and from the hotel, the competition venue, and training place;

- local Organizing Committee will provide vehicle to get to the airport or border.

**Insurance.** All participants are requested to be insured for the duration of their visit. The organizer of the championship will provide medical care for the participants at the competition ground.

**Doping control.** Doping control will be conducted in accordance with the International Kurash Association (IKA) anti-doping regulations and the World Anti-Doping Code under the supervision of the International Testing Agency (ITA).

**Awards.** In each weight category gold, silver and 2 (two) bronze medals with certificate will be awarded to the athletes who won the competition.

**Training facilities.** Local Organizing Committee will provide with necessary training facilities on November 23-26, 2023 (guests will be informed about training facilities and their location after arrivals to the championship).

**Final registration.**

- Deadline for registration: November 9, 2023;

- Visa application deadline: November 9, 2023;

- Deadline for arrival: November 25, 2023; 12:00-24:00;

- Deadline for departure: November 29, 2023; 12:00;

**Visa support.** The Local Organizing Committee will assist all delegations with visa issues.



**INFORMATION**  
**ABOUT THE NATIONAL TEAM OF TURKMENISTAN**



**Dortguly Tejenov**

**Coach:** Head coach of the National team of Turkmenistan (men).

Honored coach of Turkmenistan, Master of sports of the USSR.

Works as a coach beginning from 1986.



**Shirin Kubayeva**

**Coach:** Head coach of the National team of Turkmenistan (women).

Honored coach of Turkmenistan, Master of sports of the international level.

Works as a coach of the National team of Turkmenistan beginning from 2015.



**Awlyakuliyev Vepa**

**Athlete:** Assistant of the head of the Sub-department on the Registration, Analysis, Supposition of the Emergencies and Planning the Measures of the Civil Defence of the Department on Emergency and Rescue Operations of Lebap Velayat Civil Defence and Rescue Operations Department of the Ministry of Defence of Turkmenistan.

**Date of birth:** 09.08.1996 Lebap velayat

**Weight:** 60 kg

**Achievements:** Championship of Turkmenistan, 60 kg, the 3rd place, 2023.



**Hamrakuliyev Dovlet**

**Athlete:** the 1st-year student of the Sport Faculty of the Turkmen State of Institute of Physical Education and Sports.

**Date of birth:** 28.05.2002 Lebap velayat

**Weight:** 66 kg

**Achievements:** Championship of Turkmenistan, 66 kg, the 1st place, 2022.



### **Jumaniyazov Shatlyk**

**Athlete:** Coach of Turkmenabat city sport school #6 of Lebap velayat Main Administration for Physical Culture and Sports.

**Date of birth:** 10.12.1998 Lebap velayat

**Weight:** 73 kg

**Achievements:** Asian Championship, 73 kg, the 3rd place, People's Republic of China, 2023.



### **Omirov Dayanch**

**Athlete:** teacher of physical culture at Lebap velayat Kerki etrap secondary school #22.

**Date of birth:** 23.09.1996 Lebap velayat

**Weight:** 81 kg

**Achievement:** Championship of Turkmenistan, 81 kg, the 1st place, 2023.



### **Abdirahmanov Sanjar**

**Athlete:** Kurash coach of Koytendag etrap sport school #4 of Lebap velayat Main Administration for Physical Culture and Sports.

**Date of birth:** 21.04.1995 Lebap velayat

**Weight:** 90 kg

**Achievements:** Coastal Asian Games, 90 kg, the 2nd place, Vietnam, 2016.



### **Esgerov Ruslan**

**Athlete:** Coach and teacher of the sport school #4 of Ashgabat Main Administration for Physical Culture and Sports.

**Date of birth:** 18.08.1996 Ashgabat city

**Weight:** 100 kg

**Achievements:** Championship of Turkmenistan, 100 kg, the 1st place, 2023.



### **Sapayev Sapa**

**Athlete:** Entrepreneur of Hojambaz etrap of Lebap velayat.

**Date of birth:** 05.04.1997 Lebap velayat

**Weight:** +100 kg

**Achievements:** Championship of Turkmenistan, +100 kg, the 1st place, 2019.



### **Haydarova Ayshirin**

**Athlete:** Coach of Charjew etrap sport school #2 of Lebap velayat Main Administration for Physical Culture and Sports.

**Date of birth:** 03.10.1996 Lebap velayat

**Weight:** 48 kg

**Achievements:** World Championship, 48 kg, the 2nd place, India, 2022.

Asian Championship, 48 kg, the 2nd place, People's Republic of China, 2023.



### **Amanova Aynur**

**Athlete:** Coach of Turkmenabat city sport school #7 of Lebap velayat Main Administration for Physical Culture and Sports.

**Date of birth:** 11.05.1996 Lebap velayat

**Weight:** 52 kg

**Achievements:** World Championship, 52 kg, the 1st place, Republic of Korea, 2019.

World Championship, 52 kg, the 3rd place, India, 2022.

Asian Championship, 52 kg, the 3rd place, People's Republic of China, 2023.



### **Annayeva Gulshat**

**Athlete:** the 1st-year student of the Sport Faculty of the Turkmen State of Institute of Physical Education and Sports.

**Date of birth:** 27.12.2003 Lebap velayat

**Weight:** 57 kg

**Achievements:** Championship of Turkmenistan, 57 kg, the 1st place, 2022.

Championship of Turkmenistan, 57 kg, the 2nd place, 2023.



### **Rozykulova Dinara**

**Athlete:** Coach of Turkmenabat city sport school #10 of Lebap velayat Main Administration for Physical Culture and Sports.

**Date of birth:** 25.02.1997 Lebap velayat

**Weight:** 63 kg

**Achievements:** Championship of Turkmenistan, 63 kg, the 1st place, 2022.

Championship of Turkmenistan, 63 kg, the 2nd place, 2023.



### **Lohova Maria**

**Athlete:** Coach of Danew etrap sport school #1 of Lebap velayat Main Administration for Physical Culture and Sports.

**Date of birth:** 03.03.1994 Lebap velayat

**Weight:** 70 kg

**Achievements:** World Championship, 70 kg, the 3rd place, Republic of Korea, 2019.



### **Kadyrova Sabina**

**Athlete:** Eleventh former of Lebap velayat Turkmenabat city secondary school #29.

**Date of birth:** 15.12.2006 Lebap velayat

**Weight:** 78 kg

**Achievements:** Championship of Turkmenistan, 78 kg, the 2nd place, 2022.

Championship of Turkmenistan, 78 kg, the 1st place, 2023.



### **Muhammedova Jahan**

**Athlete:** Coach of Turkmenabat city sport school #5 of Lebap velayat Main Administration for Physical Culture and Sports.

**Date of birth:** 06.12.1996 Lebap velayat

**Weight:** 87 kg

**Achievements:** Asian Championship, 87 kg, the 3rd place, People's Republic of China, 2023.

Championship of Turkmenistan, 87 kg, the 1st place, 2022.

Championship of Turkmenistan, 87 kg, the 2nd place, 2023.



## Agajanova Sabina

**Athlete:** Coach of Danew etrap sport school #2 of Lebap velayat Main Administration for Physical Culture and Sports.

**Date of birth:** 06.05.1999 Lebap velayat

**Weight:** +87 kg

**Achievements:** Championship of Turkmenistan, +87 kg, the 1st place, 2023.



## INFORMATION ABOUT TURKMENISTAN



President:	Serdar Berdimuhamedov
Capital:	Ashgabat
Language:	Turkmen
Anthem:	The State anthem of Turkmenistan
Area:	491 210 km <sup>2</sup>
Population:	7057841 people
Independence day:	October 27, 1991. Date of celebration: September 27. (2017)
Neutrality day:	December 12, 1995.
Currency:	Turkmen manat TMT

### TURKMENISTAN

On August 22, 1990 Turkmenistan adopted «The Declaration on the State Sovereignty of Turkmenistan». In this Declaration it is noted that Turkmenistan is a sovereign, national state and it exercises full power on its whole territory. On October 27, 1991 the dream of the Turkmen people to found Independent state which they had during many centuries came true on the basis of the nation-wide referendum, the Constitutional Law «On Independence of Turkmenistan and Bases of Its State Structure» was adopted and Turkmenistan was proclaimed to be an Independent state. This Law is the first legislative act which strengthened the new status of the Turkmen state.

September 27, 2017 is celebrated as the

Independence Day in Turkmenistan. With the unanimous support of 185 states, on December 12, 1995, by the Resolution of the General Assembly of the United Nations Organization our state Turkmenistan was declared as the permanently Neutral state. It was declared for the second time on June 3, 2015 with the support of 193 states at the General Assembly of the United Nations Organization. On December 10, 2007 the UN Regional Center for Preventive Diplomacy was opened in Ashgabat. At present, Turkmenistan established diplomatic relations with 151 states.

The name of the Great Silk Road is connected with transporting of different kinds of goods from China to West, especially transporting of silk. The European and Central Asian countries maintained trade and economic relations by means of this road.

At present, the great work for the revival of



the Great Silk Road and giving it a new modern colouring is also carried out in Turkmenistan.

Epic art of Gorogly, kushtdepdi rite of song and dance, the Turkmen national carpet-weaving art, handicraft of making dutar, the art of dutar playing and singing, the Turkmen embroidery art, sericulture and traditions of silk production in textile industry, tradition of telling humorous catchphrases of mullah Ependi were entered into the UNESCO List of Intangible Cultural Heritage of Humanity. Collection of manuscripts of Magtymguly Pyragy was entered into the international list of the UNESCO Memory of the World Programme.

Kov-Ata underground lake is also one of the beauties created by the nature, it is called one of the wonders of the world. The lake with healing water lies at a depth of 60 meters of the Kopetdag Mountains. Swimming in this water has a favorable influence on the human body, it regulates blood circulation, it helps to treat such diseases as rheumatism, chill, renal and skin diseases and it soothes the nervous system.

«Plateau of dinosaurs» is situated in the Koytendag wildlife preservation, «Gas crater» called «Gate» is situated in the center of the Kara Kum desert and it is in the form of the circular pit, it is the place of natural gas extraction. The light of burning fire can be seen in the distance of tens of kilometers.

## AREA

Turkmenistan is one of the five countries of the Central Asia, by its area it takes the second place among them, that is the total area of Turkmenistan is 491.210 thousand km<sup>2</sup>. It stretches for 110 km from west to east and 650 km from north to south. In the north Turkmenistan borders on the Republic of Kazakhstan, in the north-east and in the east on the Republic of Uzbekistan, in the south-east on the Islamic Republic of Afghanistan, in the south on the Islamic Republic of Iran. Besides, the Caspian Sea is its natural border and in the west it also borders on the Republic of Azerbaijan.

## POPULATION

The total number of the population of Turkmenistan is 7057841 people. Turkmenistan is a multinational country. More than 100 representatives of the different nationalities live in the country.



## STATE LANGUAGE

Turkmen is the state language. All citizens of Turkmenistan are guaranteed the right to use the native language. Learning three languages – Turkmen, English and Russian is guaranteed at the schools of Turkmenistan. Besides, French, Chinese, German, Japanese and other foreign languages are taught at the specialized secondary schools and higher educational establishments.

## MONETARY UNIT

The national monetary unit is manat which was put in circulation on November 1, 1993. At present, the ratio of the national currency with freely convertible currency: 3.50 manat = 1 USA dollar.

«The State Program of the Development of Bank System of Turkmenistan for 2011-2030» was adopted and it is successfully

implemented. Besides, the great work on the development of the securities market is carried out by the financial institutions for some years in Turkmenistan. At present, such services of the kinds of cards as «Visa», «Visa Electron», «Visa Classic» are rendered to the population of our country. The appropriate work on the use of non-cash payment in the commercial system, introduction of the international payment systems, particularly, making payment by «Master Card» is continued.

### ADMINISTRATIVE-TERRITORIAL SYSTEM

The capital of Turkmenistan is Ashgabat, it is administrative-territorial unit with the status of velayat. Four etraps – Bagtiyarlyk, Berkararlyk, Kopetdag and Buzmeyin etraps enter into the composition of Ashgabat. At the same time, the first «smart» city of the country, Arkadag city was built. The two etraps – Karizek and Gorjaw etraps enter into the composition of Arkadag city.

There are five velayats in Turkmenistan – Ahal, Balkan, Dashoguz, Lebap and Mary velayats. Each velayat consists of etraps. There are 43 etraps, 6 etraps in the cities, 51 cities in Turkmenistan, among them there are 11 cities with the status of etrap, 62 settlements, 605 gengeshliks (compositions with rural areas) and 1719 areas with the rural population.

### AHALTEKE HORSE

The Ahalteke horses are the pride and glory of the Turkmen people. Unique Ahalteke horses notable for their elegance and beauty are characterized by such definitions as «Celestial horses», «Golden horses of Parthia», «Winged horses of Nisa».

Beginning from the ancient times, the Ahalteke horses became the symbol of firm friendship and loyalty to its master, adaptation to the difficult climatic and riding conditions and war horse having the characteristics of victory and prosperity.

On the initiative of our Hero Arkadag a

new impulse was given to the work on the development of this ancient breed in honor of the Ahalteke horses, which are the pride of the Turkmen people, ancient principles and traditions of the art of horse breeding were revived.

The image of horse is also depicted on the State Emblem of Turkmenistan, the bronze statues and monuments were also built in our capital city Ashgabat and Arkadag city. In 2010 to protect all breeds of the horses and to breed them «Turkmenatlary» International Ahalteke Horses Association was established. The Ahalteke horses are the decoration of the Turkmen weddings and holidays.



All necessary conditions for going in for the different equestrian sports, holding international competitions, as well as protecting the horses in accordance with the high requirements of the present time are created in Turkmenistan.

### TURKMEN ALABAY

Alabay dog, which is a real friend, protector and fighter, serves the Turkmen people from generation to generation. Alabay is one of the ancient breeds of sheep dogs and hunting dogs of the Central Asia, it is kept in the wide territories from Ural to Afghanistan, from the Caspian Sea to China. At present, Alabay dog is considered to be the dog which kept its most ancient breed.

Our national value – our Alabay dog is the symbol of V Asian Indoor and Martial Art Games which were held in Ashgabat in 2017.

By the establishment of the International Association «Türkmen alabaý itleri» on May 1, 2020 in our country, the large-scale work on the further increase of the glory of the Turkmen alabay dogs in the world, their protection and reproduction, development of their breeding and development of the work carried out in this field on the international level is carried out.

### THE TURKMEN CARPET

The life of the Turkmen people is closely connected with the carpets. Its historical roots originated in the ancient times. Having passed the long way of development and having been the artistic description of the spiritual peculiarity of the people and great rich historical and cultural heritage, the carpet patterns became one of the symbols of the national unity of the modern Turkmen state. The carpet patterns decorate the state emblems of our state, that is they decorate the State Flag and Emblem of our country, they are also an inseparable part of the architectural decorations.

The works «Living legend» and «Heavenly beauty» of the National Leader of the Turkmen people, the Chairman of Halk Maslahaty of Turkmenistan, our Hero Arkadag Gurbanguly Berdimuhamedov glorifying eternal beauty of the Turkmen hand-made carpets made a great contribution to the work on the popularization of the ancient traditions of the Turkmen national carpet weaving art on the world level.

In the course of the 14th regular meeting of the intergovernmental commission for the protection of the intangible cultural heritage of the United Nations Educational, Scientific and Cultural Organization held on December 12, 2019 in Bogota, the capital of the Republic of Colombia, by the suggestion of Turkmeistan the decision on the inclusion of the Turkmen national carpet weaving art into the UNESCO List of Intangible Cultural Heritage of Humanity was unanimously adopted by the states – members of the committee.

At present, special attention is paid to the development of the world-famous carpet weaving art of our people, protection

and revival of the most ancient samples of the Turkmen carpets and the complex study of this wonderful art on the scientific level. The material and technical base of the carpet weaving industry is regularly strengthened. New artistic carpet weaving enterprises are put into operation. The new samples of the Turkmen carpets are created.

The large-scale events are held on the occasion of the Turkmen Carpet Day – the solemn date which is widely celebrated on the last Sunday of May, each year in our whole country.

### MY NATIONAL CLOTHES – MY VALUABLE HERITAGE

Our ancestors, our grandmothers created the applied arts and crafts on the perfect level, including the national clothes which are originated from beauty and affection and they made a great contribution to the world culture by their unique peculiar craft. In the Epoch of Happiness of the Powerful State the clothes produced by the textile enterprises made out of the national fabric are worn with great pleasure. When one sees the boys with akgayma skullcaps, the girls with flowery skullcaps, the young women with oyme kerchiefs, the elderly women with white shawls, the elderly men with the gowns, one is very proud of the continuation of our national values, noble principles, ancient traditions which are full of our ancestors' wisdom.

The Turkmen national fabrics are one of the national values created by our grandmothers. In ancient times to weave fabric was an inseparable part of the Turkmen life.



The Turkmen women wove the unique and delicate fabrics on the special wooden tools – looms. In his book «Turkmenistan – Heart of the Great Silk Road» our Hero Arkadag notes: «Silken fabrics of Merv competed with Chinese, Indian brocade woven with golden and silver threads and with red fabrics of Byzantine Empire». To make national clothes from keteni which is the popular fabric woven by our people is the ancient tradition. Keteni which won fame in the whole world was woven in Merv and Nisa – the large cities located along the way of the Great Silk Road.

### TURKMEN DUTAR

The Turkmen art of singing is the national art originated in the ancient times. To study trade secrets of this art, to become the owner of honoured name of the Turkmen bagshy in the ancient times one should study this trade from the experienced masters of art for some years and sometimes for many years. The experienced bagshies who felt that their pupils became a skillful bagshy gave them their benediction. The experienced bagshies gave the pupils their benediction in the weddings and celebrations and they gave them the musical instrument dutar as a present.

When one speaks about the pleasant melody of the Turkmen dutar, one imagines the images of the well-known, skillful masters who left indelible mark in the national art of singing. These masters spared no efforts, abilities, talents and labour in the perfection of the new method of performance in the art of singing and they gained the right to live in the memory of the people forever.

The national musical melodies of the Turkmen folk songs performed on the Turkmen dutar is notable for original peculiarities which are characteristic feature of our people. Our national folk songs performed by the pleasant melodies of the Turkmen dutar, first of all, describes the depth of the inner world of the human feelings.

In the period of the Revival of the New Epoch of the Powerful State, under the wise

leadership of our Esteemed Arkadagly Hero Serdar the special importance is attached to the Turkmen art of singing which is originated in the ancient times. As a result of the great efforts of the National Leader of the Turkmen people, the Chairman of Halk Maslahaty of Turkmenistan, our Hero Arkadag, inclusion of handicraft of making dutar, the art of dutar playing and singing of the Turkmen people into the UNESCO List of Intangible Cultural Heritage of Humanity became a national pride of our whole Turkmen people. As a result of this care, the national value of the Turkmen dutar was declared to the whole world.

### TURKMEN SKULLCAP

The Turkmen skullcap is also one of the valuable and wonderful handicrafts. People wore delicately embroidered skullcaps at all times. Historical findings concerning skullcaps can be also found among the archeological findings belonging to the ancient times.

Majority of the patterns embroidered on the skullcaps by our grandmothers can



be also found among archeological findings belonging to the ancient times and found on the territory of Turkmenistan from such monuments as Jeytun, Anev, Dashlydepe, Garadepe, Namazgadepe and Goksuyri. And it is a vivid evidence of the fact that the Turkmen skullcap originated in the most ancient times.

### TURKMEN CUISINE

Like meals of other nations, the national cuisine of our Turkmen people originated in

the ancient times and it is notable for its variety and peculiarity.

Dograma is the popular and traditional national dish of the Turkmen people. Its name originated from the word «to crumble». To cook this dish it is necessary to carve a new mutton boiled with large pieces and to mix it with crumbled petir chorek (round bread). People add a definite quantity of crushed onion to it. Then they mix all this very thoroughly. Cooked dograma is put into plates separately, then people pour hot chorba on it, then one or two spoons of fatty tail of sheep are added to it and this dish is served. Thus, to cook this dish it is necessary to have mutton, chorek and onion.



«Tamdyrlama» – the Turkmen national dish is the dish loved by all members of the family, it is cooked when one receives guests, friends or in the weddings and celebrations. High-quality mutton is used to cook this dish, this dish is cooked in tamdyr (the Turkmen stove). Meat should be cut up into the large pieces, that is into femoral part of carcass, leg, back of mutton, then it is necessary to salt meat thoroughly and to distribute salt to all parts of meat. Peeled onion, dill, parsley and green onions should be cut up into small pieces, bay leaves should be spread and it should be salted and peppered and leave it for one hour. Cooked blend and peeled pumpkin and potatoes, peas, carrots, tomatoes should put into a separate cauldron. Saxaul wood should be burnt in the stove, after stove is heated very well, the cauldron with the blend inside of it should put on the coals. Then two thick iron wires should be stretched through the opening of the stove, the pieces of meat should be fixed to these

wires with the help of hooks. Then, first of all, ashpits should be thoroughly closed in order steam should not be emitted from any part of the stove. Then, opening of the stove should be closed with the cauldron or lid suitable to it and the stove should be clayed. Thus, this dish is cooked for 1.5-2 hours.

All kinds of the national art of cooking are described in the book «Bereketli türkmen saçagy» presented to our people by the efforts of the National Leader of the Turkmen people, the Chairman of Halk Maslahaty of Turkmenistan, our Hero Arkadag Gurbanguly Berdimuhamedov.

The national tablecloth is one of the important bases of the Turkmen culture, unique folk traditions and customs are described in it.

## KUSHTDEPDI

Kushtdepdi is the dance of the inspiration of youth, beauty and quick and lithe movements. Therefore, it is usually performed by the young people. But sometimes this dance can be performed by the elderly people, who are not much inferior to youth by their cheerfulness and inspiration. The dance is begun by the sweet singing of the youth and girls called «gazal» and they perform the first smooth motions of the dance. The people around them watch their movements by applauding them harmoniously.

In our country kushtdepdi dance is performed in the weddings, in the celebrations of the birth of the new-born child, housewarming parties, the celebrations of going to the army or returning from it. At present, this poetic genre of folklore is skillfully performed



when the solemn holidays are celebrated in our country or the days of culture of Turkmenistan are held in the different countries of the world.

In the course of the 12th meeting of the Intergovernmental Committee on the Protection of the Intangible Cultural Heritage held in Cheju City (Republic of Korea) «Kushtdepi» national art of singing and dancing was unanimously included into the UNESCO Representative List of the Intangible Cultural Heritage of Humanity. This decision is the recognition of the great importance of the national culture of the Turkmen people, which is an inseparable part of the cultural heritage of the mankind.

## HISTORICAL MONUMENTS

The monuments of Turkmenistan which became a wonderful part of the world culture during many centuries attract attention of the nations of the world, because the ancient Turkmen land is known as the land of the centuries-old history and great past. If one can imagine the territory of Turkmenistan from west to east, from the Caspian Sea to Amudarya River, one can see that the historical monuments originated in the different centuries are the proof of the above-mentioned.



Great importance is attached to the revival, restoration and study of the historical monuments which became a treasury of our Motherland. Our Motherland is rich in the historical cultural monuments, policy conducted by our state in this field achieves success more and more. In Turkmenistan about 1.5 thousand historical and cultural structures

are registered by the state, majority of them is archeological monuments.

There are such wonderful monuments depicting the first agricultural culture of the world as Gongurdepe, Garadepe, Namazgadepe, Altyndepe, Jeytun and Anev which contain secret history of life and centuries.

In accordance with their peculiar architectural structure and centuries-old past, «Old Nisa», «Ancient Merv», «Koneurgench», «Dehistan», «Ancient Sarahs», «Abiverd», «Gokdepe fortress» state historical and cultural reserves are amazing museums. The names of these wonderful and peculiar lands which reflect echo of the past, glory of the great Turkmen figures, greatness of the Turkmen nation became a legend. It is appropriate to mention here that unique monuments of the Ancient Merv, Koneurgench and Nisa took their worthy place in the UNESCO List of World Culture.

At present, in accordance with «The State Program on the Preservation, Protection, Study of the Objects of the National Historical and Cultural Heritage and Attraction of the Travellers to Them for 2022-2028», the work on the restoration and study of many historical monuments is carried out on the stage-by-stage basis. It means that within the framework of the appropriate program, excavations, field and research work, study of the archeological findings, holding expeditions and other planned complex tasks, holding of scientific conferences are implemented. Together with the scientists of the world, the representatives of the Turkmen science, young specialists actively participate in this work.

It is the duty of all specialists working in this field, particularly, educated youth to fully study the values of Turkmenistan belonging to the ancient times on the basis of scientific researches, to restore and protect them. Therefore, the wide opportunities for studying all values of the sacred soil of our beloved Motherland, protecting and restoring them by their professional mastery, passing them for future and spreading them all over the world are created.

## TRIP TO ARKADAG CITY AND ASHGABAT



### ARKADAG CITY

In the Period of the Revival of the New Epoch of the Powerful State, by the great efforts of the National Leader of the Turkmen people, the Chairman of Halk Maslahaty of Turkmenistan, our Hero Arkadag, as a result of many-sided initiatives showed by him for the further guarantee of the happy life of the Turkmen people, the first «smart» city of the region was built on the foothills of the ancient Kopedtag Mountains. Construction of the buildings of this wonderful city, which is the sample for the whole world, by the Turkmen entrepreneurs in a short period of time and on the high-quality level is a vivid evidence of the fact that the private businessmen of our country are able to implement large and modern projects in the system of architecture and construction and that sufficient experience is accumulated in this sphere. The buildings shine like the light of the marble image of Arkadag city. Happiness of the Turkmen people is reflected in them.

Indeed, Arkadag city shines like a perfect symbol of the progress achieved by our national architecture. The use of the latest, digital technologies in the buildings constructed here strengthens belief in the future that the

number of such beautiful and amazing cities as Arkadag city will increase on the territory of our Motherland which goes forward the reliable path of development. It is planned to carry out town planning work in Arkadag city on the high level, to turn the city into one of the international centers, to further develop it on the rapid level; Karizek and Gorjaw etraps were created in the composition of Arkadag city. On the wise initiatives of our Hero Arkadag, the principles which were widely supported gave opportunity to study modern innovations and to combine them with the national conditions. As the components of innovative infrastructure, great importance is attached to the development of social system, cultural recreation system, public health and information technologies (mobile phones, television, computer communication, electronic trade, internet services), which are considered to be very effective on the example of the world experience, modernization of each of them on the high level.

By the decision of the meeting of the National Gengesh of Turkmenistan, recreation and rehabilitation center of Arkadag city was called «Gurbanguly Berdimuhamedov Children's Recreation and Rehabilitation Center». The art building in the central park



was given the name of «Arkadag building». The buildings of Aba Annayev International Horse Breeding Academy, Berdimuhamet Annayev Pedagogical Vocational School, Sachly Dursunova Medical Vocational School, Gorogly State Equestrian Circus, Dovletmammet Azadi Library, Aman Gulmammedov State Drama Theater, Sahy Jepbarov Specialized Art School, Shukur Bagshy Children's Art School serve the youth to become specialists with broad world outlook.

Ecological requirements are fully observed in this city, multidisciplinary sport complex intended for training the athletes in 10 kinds of sports, stadium for 10 000 people, Sport Center were constructed and put into operation at the expence of ecologically pure means. Besides, Administration for Physical Culture and Sports of the city was created. «Arkadag» footbal team of the city achieved success at the matches in a short period of time and it demonstrated to the whole world that the Turkmen sport achieves new heights of progress. «Arkadag» TV channel, «Arkadag» newspaper were created in the city and it popularizes the great progress achieved in the city and the country every day to the world community.

## ASHGABAT

As a result of the large-scale initiatives implemented in our beloved Motherland under the wise leadership of our Esteemed President Serdar Berdimuhamedov, our white marbled capital city Ashgabat reflects great future of developments and conducted reforms. The changing image of our capital city, which was included to «Guinness Book of Records» as the most beautiful city in the world decorated with white marble, which is compared with the pearl of Asia, demonstrates that economic strategy of our country achieves great success. The samples of peculiar buildings created in Ashgabat supplement each other and they create wonderful harmony. Symbolizing the beginning of the reforms successfully carried out not only on the state level, but on the world level took, Ashgabat which reminds unique wonderful architectural work make our people to be proud of it.

Our Arkadagly Serdar regularly controls successful implementation of the program of the large-scale reforms in our capital city and he pays special attention to the issues connected with creating favorable conditions for the dwellers of the city, introducing modern technologies and guaranteeing ecological prosperity.



As a result of successful implementation of the projects of great significance in our capital city, the whole complex of the structures with different purposes and amazing buildings appeared in the city. Each peculiar building of our main city which expands its territory day after day – Oguz khan palaces complex of the President of Turkmenistan, Ruhiyet palace, Maslahat palace, «Bagt kosghi» weddings and holidays center installed in the octagonal star of Oguz khan, Bicycle monument, State Cultural Center of Turkmenistan having in its composition Mukamlar palace, state museum, state library, State Museum of Turkmenistan create indelible impressions and feelings in the travellers. The complex of fountains with the bronze statues of Oguz khan and his sons which was included into «Guinness Book of Records», «Turkmenistan» Television and Radio Broadcasting Center which can be seen from the high top of the Kopetdag Mountains and which was included into «Guinness Book of Records», «Alem» cultural and recreation center in the form of the huge octagonal star of Oguz khan which entered into list of «Guinness Book of Records», the State Flag of Turkmenistan installed on the ground in front of the State Museum along Archabil avenue and included into the World Book of Records, the National Turkmen Carpet Museum containing «Altyn asyr» carpet included into «Guinness Book of

Records» as the largest hand-made carpet in the world are the beauties that first of all attract attention of the guests and travellers visiting our white marbled capital city.

The Olympic town, which is intended for going in for many kinds of sports, as well as holding international competitions and preparation to them on the high level and which is the largest sport complex in the whole region, demonstrates that the principles of healthy life style are observed in our country and great importance attached to sports, which glorifies peace in the world. And the monument being built in the beautiful place at the foothills of the Kopetdag Mountains and immortalizing the image of Magtymguly Pyragy shows to the whole world that respect for our wise poet is very high. Theaters, cinema and concert hall centers located in the different parts of Ashgabat reflect favorable conditions created for the dwellers and guests of our capital city to have a cultural rest. In «Berkararlyk», «Bagtiyarlyk» and «Ashgabat» shopping and recreation centers wide opportunities are created for the children to spend their time cheerfully and for the citizens to meet their demands for high-quality clothes and other goods. In many hotels located in the different parts of our white marbled capital city favorable conditions are created for the travellers and businessmen to hold conferences and to have a rest.



## INFORMATION FOR THE VOLUNTEERS OF XIV WORLD KURASH CHAMPIONSHIP



Volunteers' work is a school, which gives opportunity to each volunteer to show their worth in the work of social importance. To have the name of volunteer, to suitably cope with the tasks set before them, to win social recognition are sacred duties of each volunteer.

Administrative duties of the volunteer, his working time, types and order of the work performed by him are determined by the organizing committee. Each volunteer fulfils his work under the control and supervision of the appropriate head of the group and in the determined place and time. The work fulfilled by him should be implemented in accordance with the legislation of Turkmenistan, established rules and norms, national rules of etiquette.

The volunteers should be able to answer the interesting questions and requests of the guests on the basis of concrete and definite information. When a volunteer talks to other people, he should observe the rules of etiquette inherited from our ancestors. He should deeply study our exemplary and

wonderful national peculiarities which were created, perfected by our wise ancestors and such our wonderful values, principles which are universally recognized as patriotism, respect for the parents and elders, respect for the youngers, hospitality, industry, loyalty to one's friend, love of labour, honesty as the best moral characteristic features decorating a human being and he should demonstrate an ideal model of literacy and politeness. The volunteer's work requires from him to know different sciences and to obtain knowledge, to have many-sidedly developed skills. A volunteer should also have organizational abilities. He should be able to plan each work organizationally, to analyze result of the work, he should use his time appropriately, he should be able to create a pleasant atmosphere for the guests. Volunteers are self-controlled and patient people. The ability of explaining is of great importance in their work. Volunteers should be able to describe information expressed in a complicated and difficult manner in a simple and understandable form.

A volunteer should try to leave a fully pleasant impression in the guest. He should fully listen to thoughts of the guests and in his behaviour he should follow noble traditions and customs of our people, he should keep his temper and dignity. A volunteer should have notebook for making notes and pen. When he finds out some difficult words in the questions of the guests or when he cannot immediately find an answer to their questions, he should copy out the question into his notebook and should give its correct and concrete answer to the guest.

#### **Recommendations for the volunteer:**

- should remember that each performed work, action, event of the state and social importance are directed to their successful implementation;

- should feel responsibility for each fulfilled work and action;

- should be able to act deliberately and organizationally;

- should deeply study all conditions of the working place and should choose effective methods of work;

- should demonstrate high culture of performing the work;

- should successfully implement concrete tasks set before him.

The volunteers submit to the workers of the relevant departments of the Organizing Committee to which they are assigned. They are not only a separate personality, a representative of their higher educational establishments, centers of volunteers, in reality they represent the whole program of volunteers.

#### **Rules of conduct.**

Obligations of the volunteers:

- to know and to observe culture of the official and business communication, the rules of etiquette, the traditional rules of receiving guests in the intentional events;

- should always be polite, benevolent, disciplined in the relations with other volunteers, workers, guests, dwellers of the city and other people;

- should wear special uniform in the working place;

- in case of loss of accreditation card, he should immediately inform about it accreditation department;

- should take good care of natural environment, property and material values given to the volunteer when he serves or works;

- when he fulfils his administrative duties, he should observe safety rules, instructions of the workers of the department to which he is assigned;

- should wear clothes in accordance with the season and climatic conditions;

- should observe the rules of personal hygiene;

- in case of ill health or injury, he should immediately inform responsible worker about it.

The volunteers are forbidden to do the following when they are at work, at home, they go to their work and return from their work, in the street, as well as when they have free time:

- to bring, to keep, to drink and to sell spirits, to be drunk;

- to smoke;

- to use obscene words;

- to display rudeness to other volunteers, workers, guests, dwellers of the city and other people;

- to disregard some differences concerning one's nationality, religious beliefs, age, material status, gender characters;

- to distract attention of other volunteers, workers, guests, dwellers of the city and other people with irrelevant conversations;

- to go from the place of work not informing responsible worker;

- to carry out actions dangerous for his life and health and the life and health of people around him;

- to visit other places except places indicated in the accreditation or by the responsible worker;

- to make noise in the place of work or dwelling;

- to damage houses, equipment and other material values;

- to dirty different places;

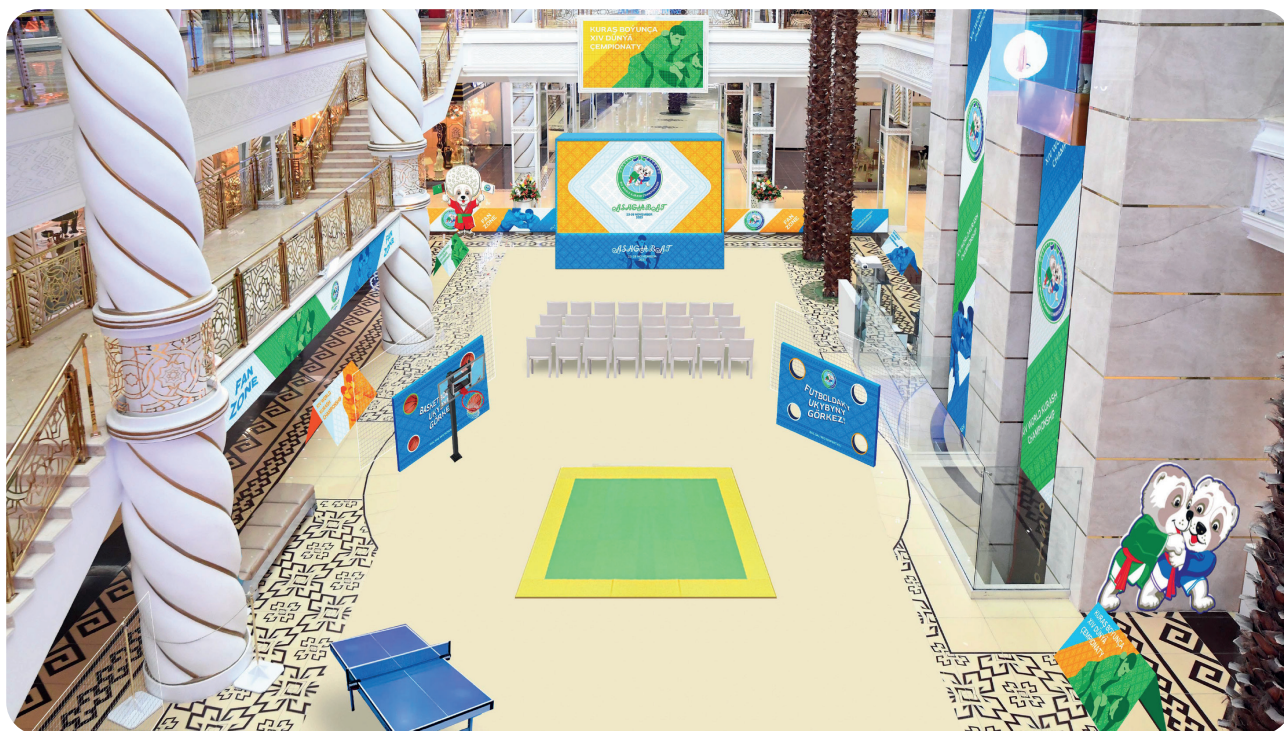
- to give personal accreditation card to other people;
- to carry out other actions not appropriate to the authority of the volunteer.

**Security measures and responsibility of the volunteers:**

- in case of occurrence of emergencies (injury, disease, quarrel, theft and other bad, unexpected situations), it is necessary to immediately inform responsible worker about them, if necessary, he should give first medical aid to the injured persons and guarantee their transportation to the medical institutions, in

- in case of loss, breakage or damage of the property, equipment and devices given for the use, the volunteers should compensate for a damage (pay their price).

The volunteers are obliged to keep the peace and observe safety regulations. In course of the whole work, the volunteers should submit to the requirements of internal order and they should fulfill instructions of the responsible worker, Organizing Committee, the workers of the department to which they are assigned. In case of crude violation of rules of conduct, the volunteer is deprived of his



case of severe injury and poisoning he should inform medical services and bring the medical workers to the injured persons;

- the volunteers bear personal material responsibility for the property, equipment and devices given to them for use and being at their disposal;

- in case of breach of the generally established rules and these norms, responsible worker (the workers of the relevant department of the Organizing Committee) sends a notice about them to the heads of the higher educational establishments (other organizations, enterprises, institutions) represented by the volunteer;

volunteer rights.

**Some rules of the international etiquette.**

**The rules of greeting and talking with the guests.**

The guests want to be welcomed cordially and joyfully. Impressions left in them form their views about the country which they visited. And for a guest it becomes the reason of remembering that country.

**Order of welcoming and saying good bye to the guest:**

- when the volunteer meets with the guest, he should establish good relations with him and smile to him. At each meeting with

the guest the volunteer should demonstrate signs of joy;

- if the volunteer is acquainted with the guest, he calls his name and greets him cordially;

- he should remember regular guests and pay them special attention;

- should offer his help with politeness;

- in case of the great number of the guests at one time, the volunteer should act in accordance with the circumstances and take all appropriate measures in order not to keep them waiting;

- the volunteer should smile to the guest and to say him good bye calling his name. He should wish the guest to enjoy his trip and to have a good rest and to visit our country again (if the guest leaves the country);

- when someone addresses the volunteer, he should tell his name distinctly and greet the guests: Good morning. Name of the department. His name, in English – May I help You? – (at the moment of conversation: good morning – till 11 o'clock; good afternoon – till 5 o'clock; after that – good evening);

#### **Appearance of the volunteer and the rules of conduct:**

- the clothes of the volunteers who directly communicate with the guests should be clean, they should have special uniform, their clothes should be in a good state, their clothes should suit them;

- shoes of the volunteers should be clean and in a good state. The front part and back of shoes should be closed, with low heels, its colour should be black or should suit the colour of the special uniform;

- in the place of work women should wear flesh tights;

- if the volunteer communicates or doesn't communicate with the guest, his hair should be neatly set;

- long hair of the girls should be neatly set on the back of their heads;

- hair of men should not touch collar of their shirts;

- beard of the men should be neatly

shaved;

- simple, national jewelry should be worn;

- it is allowed to wear watches to the volunteers;

- women should wear only one pair of earrings;

- men should not wear earrings;

- women volunteers shouldn't have more than one ring;

- men can wear only wedding ring;

- nails should be clean and neatly cut;

- it is forbidden to eat, to drink and to chew chewing gum near the guests;

- it is allowed to use a little amount of perfume with pleasant smell;

- the volunteers should wear cards (badges) with their correctly written names on them.

Badges should be clearly seen to the guests;

- when the volunteers serve the guests, they are forbidden to talk with their colleagues or to be on the phone and talk about their personal issues;

- when the guests pass near them, they should smile to them and let them pass;

- the volunteer should be always inspired and polite in the public places;

- the volunteer should be able to express his thoughts clearly, he should be able to observe order and sequence in the active time of sending or receiving a letter and being on the phone;

- when the volunteer talks with the guests, he should be patient and he should stand;

- should keep the working place clean and neat.

He should not make a noise.

#### **The rules of fulfilling administrative duties by the volunteers in the place of their work:**

- the volunteer should come to the work 20-30 minutes before the beginning of the working time;

- in spite of the fact that the working

time is over, the heads may require from the volunteer to be in the working place when there are a lot of work to do;

- the volunteer shouldn't forget that his actions are a part of the Program of Volunteers' Work;

- he should be always ready to help his colleagues when they need help;

- he shouldn't forget to thank his colleagues who supported and helped him;

- he should fulfil his work harmoniously and safely in order not to harm himself, his colleagues and the guests;

- he should keep equipment used by him in a good state to use it in future;

- it is forbidden to touch personal items of the guest;

- it is forbidden to take things from the personal baggage of the guest;

- it is forbidden to sit in the armchairs or on the beds;

- it is forbidden to use toilets of the guests;

- when the volunteer leaves the room of the guest, he should thoroughly check that he closed the door of the room;

- the volunteers should address each other calling their full names;

- when their colleagues or guests are at a distance, it is forbidden to volunteers to shout and to call them loudly;

- all public places in the hotels are intended only for the guests.

The volunteers are forbidden to visit places intended only for the guests. One can neglect this rule only when he has a special permission or instruction of the head.

#### **The rules of conversation:**

- the tone of the conversation should be fluent and normal, but speech shouldn't be sad, that is speech should be cheerful, but not noisy, it should be polite but it shouldn't be simulated;

- one shouldn't quarrel, especially one shouldn't quarrel on the themes of policy and religion;

- ability to listen is necessary condition for a polite and well-bred person like ability

of talking. If you want to be listened to, you should be able to listen to the others;

- if no one addresses you and asks you it is impolite to talk about yourself in the public places.

#### **The rules of conduct at a table:**

- don't be in hurry to begin to eat. Best of all, wait for the others;

- it is impolite to dry the dishes when you are visiting someone's house;

- one should divide into small pieces the bread into his plate not to drop crumbs to the table;

- one should eat soup not from the tip of the spoon, but from the edge of the spoon;

- it is impolite to bite fruits and eat them.

One should peel fruit with the knife, divide it into pieces, remove its stones and only after that to eat it;

- don't demand to bring meals, don't be impatient. If you want to drink something, then keep your glass in your right hand with your forefinger and long fingers and hand it to the person pouring beverages. Don't leave beverage in your glass, because it may spill;

- when you stand from the table, it is not necessary to fold up table napkin, it is impolite to leave the table after meals. It is necessary to wait for a while.

#### **Rules of keeping the distance:**

- one should not talk with anybody, even familiar people for a long time in the lift, public places and automobiles and in the same places;

- one shouldn't stare at anyone;

- one shouldn't express his special feelings;

- one should limit his motions in accordance with the space.

Very good and harmonious implementation of the work in the group guarantees rendering of services on the high level. Friendly relations in the group makes the work easier and it creates a cheerful atmosphere. Effective work of the volunteers gives them opportunity to appropriately fulfil their duties before the guests on the high level.



TURKMEN STATE INSTITUTE OF PHYSICAL EDUCATION AND SPORTS

ORGANIZING COMMITTEE OF THE  
XIV WORLD KURASH CHAMPIONSHIP

**The XIV World Kurash Championship Reference Book**

Editor	<i>N. Kakaliyeva</i>
Tech. editor	<i>Y. Peskova</i>
Translation from Turkmen language	<i>O. Durdymuhammedova, T. Saparmyradova</i>
Computer work by	<i>Sh. Nepesov, M. Dovletov</i>
Responsible for publication	<i>G. Sahedov</i>

*«The XIV World Kurash Championship Reference Book» was translated into English by teachers at  
Dovletmamet Azadi Turkmen National Institute of World Languages.*

Signed for printing 14.11.2023.

Format 60x84<sup>1</sup>/<sub>8</sub>.

Cond. print sheet 5,58. Number of printed sheets 3,92.

Printed sheets 6,0. Edition № 131. Order № 291. Number of copies 150.

«Ylym» Publishing House of the Academy of Sciences of Turkmenistan.  
744000. Ashgabat, 2011 (Azadi) Street, 61.