

*Toshtemirov I.S.**Deputy head of Department of the Academy of Armed Forces of the Republic of Uzbekistan***IN ORDER TO INCREASE THE POWER OF THE ARMY AFTER THE REIGN OF GENGHIS KHAN PERFORMED BY AMIR TEMUR MILITARY PREPARATIONS**

In this article, The Tsar of the independent state of Turon, Amir Temur, made it possible to increase the combat readiness of military units, one of the most important measures for the training of troops, to raise the army potential of that time to a high level. The ideas and rules of the Timur army aimed at harmonizing such combat and physical qualities as physical strength, endurance, strength, agility and agility with military art are of great importance in the upbringing of the current generation.

Keywords: warrior, military, combat, military art, physical qualities, Spearman, swordsman, military training.

The past, as early as the first years of independence of our state, gave a wide path to the deep study and introduction into life of the legacy left to us by our descendants. An important place in the rich historical development and culture of the independent Uzbek people is occupied by the activities of the Sahibqiron Amir Temur, who was recognized as the king of the independent state of Turon, centered in 1370.

Statesman and Grand Commander Amir Temur considered that during his time, increasing the military and physical training of soldiers was one of the most urgent measures. His great focus on this field was on the first line, the formation of the most powerful and disciplined army in the world. And even today, the study of the Military Art of Amir Temur, the study of which by the leading researchers of the world remains the most pressing issue.

The Great Commander, Amir Temur, tried to set a personal example in military exercises, in the management of the state, in all other aspects of life, and his greatness is no wonder. Academic B.D. In grekov's book "The Golden Horde", The Noble Amir Temur was an incomparable Archer, swordsman, Spearman, rider, wrestler, sniper and great chess player of his time. Since childhood, Amir Temur was brought up as a resistant to physical exertion and diligently entered into a deep mastery of the art of combativity.

Therefore, his path, especially the only ideas and rules aimed at harmonizing martial arts with art in improving the qualities of soldiers who are physically strong, genuine, strong, fast and agile, will have a special vocation in educating modern generations as both truly brave warriors. The high assessment of mental and physical strength in them in attracting mature and physically strong people to their surroundings in all respects is reflected in the following verses in the book "the traps of Timur": "I followed three rules in obtaining navkar: Firstly, I paid attention to the strength of a young man, secondly, I was able to play a sword, and thirdly.

In particular, Great Commander, Amir Temur himself and his later descendants, namely his sons, granddaughters Ulughbek, Babur, Husayn Boyqara, Humoyun, Akbar Shah, were also highly skilled in fencing, horse training, water swimming, javelin, even playing chess.

The Great Commander, Amir Temur, made extensive use of the following types of physical exercises in training his army soldiers as physically strong:

riding a horse and doing exercises on a horse;

National Wrestling; javelin, fencing, archery, chess;

paulvon trained in rock climbing and other sports.

In addition, he also taught his military units the secrets of crossing and navigating rivers, lakes, swamps, fast-flowing rivers, mountain streams, ravines, and the use of rope when crossing glaciers. Such physical exercises, which were used among the soldiers of the Great Commander Amir Temur, are still widely used in foreign military units (mountain archers and special units) in modern times. Especially common are the practice of horse sports, throwing guard, dismounting, fencing and fighting alongside horse games, i.e. arm, leg and head punches, dagger, knife use, with particular emphasis and demand for each soldier to master it thoroughly.

Amir Temur paid special attention to the upbringing of young men within his military units. The "Temur cave" in Samarkand had established field fields in the mountains to provide young men with military and physical training. The soldiers prepared for future campaigns by performing exercises such as mountain roping, climbing high cliffs, fighting in rocky areas, fencing, punching with their own shadows. Amir Temur had a particular focus on military discipline among military units. About this, in the work "The traps of Timur", I gathered together three hundred and thirteen Noble-bred, ambitious and ingenious land guys around me. Union alliances were such that it was argued that the barii were supposedly a tandek.

Around surkhandarya region, Amir wins Temur's troops with an army several times less than his rival in number in his battle with Jete's Army. His army impresses the enemy while marching from one side of the river to the other during the battle near the Jayhun River. Their reckless fighting on horseback, their physical energy, their mastery of the battlefield at the last level and they win thanks to their boots. Amir Temur the great Commander Amir Temur, who, in addition to educating young people physically mature, teaching them the art of combativity perfectly, educating them mentally, morally, insisting strictly on the establishment of a metin discipline among fighters, deep study and implementation of his experiences in the field of life and physical education remains the most pressing issue of today. Because of his life path, statnn management and military experience will also be a lesson for the future generation.

Literature used:

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