

**THE TRADITIONAL UKRAINIAN CLOTHING
AND COMBAT HOPAK**

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The sun rises over the world in the morning,
And warms the earth and clears it.
And I walk through the world in vyshivanka.
I am Ukrainian! I am proud of it.

The purpose of the work is to tell about some types of the Ukrainian clothing and national Cossack dances, about the art-project "The Shooting Embroidery".

We understand that all humans are born equal in principle. All people, past and present, can be intelligent, creative, expressive and interesting. They all have the capacity and the potential to experience love, beauty and happiness, though these values may be experienced and imagined in culturally specific ways. All humans and all cultures have the right to dignity, self-esteem, and choice in the way they live. Cultures can differ from each other in profound ways, but none are intrinsically "higher" or "lower," "better" or "worse," more or less valid than any others.

They all have the right to exist, insofar as they do not infringe on the similar rights of others. We all are generally most attached to our own cultural heritage and its values because they are ours.

Ukraine is a country with a rich cultural heritage. And the traditional clothing is a significant aspect of it. The traditional Ukrainian clothing has a long history that dates back to the pre-Christian era. Throughout the history the traditional clothing of Ukraine has been influenced by various cultures. Despite these external influences, the traditional Ukrainian clothing has remained distinct and recognizable, with unique designs and materials.

The traditional Ukrainian clothing is known for its embroidery which is considered a form of art in Ukraine. Embroidery has been a part of Ukrainian culture for centuries, and it is used to decorate not only clothing but also household items, such as towels and tablecloths. The embroidery designs used in the traditional Ukrainian clothing are often symbolic, representing important themes such as fertility, protection, and prosperity:

Types of Traditional Ukrainian Clothing: One of the most recognizable types of the traditional Ukrainian clothing is the vyshyvanka, a white shirt with colorful embroidery. The vyshyvanka is worn by both men and women and is considered a symbol of Ukrainian identity. The embroidery on a vyshyvanka can be very intricate, with patterns ranging from flowers and animals to geometric shapes and symbols. Various patterns and ornaments on embroidered shirts also have their own meanings. For example, the pattern "square" symbolizes peace, prosperity and

prosperity. "Rhombus" - the union of the sun and the earth - fertility. Kalina is love, beauty and wealth. Even the colour of the threads has a lot of meaning.

In Ukrainian embroidery there are 6 main colours:

Red - symbolizes joy and love for man and life;

Blue - a symbol of physical and spiritual purity;

Black - symbol of the earth and its fertility;

Gold - symbolizes prosperity, wealth, well-being;

Green - symbolises youth, spring, carelessness;

White symbolises innocence, purity, purity

A shirt embroidered by the mother's hands is considered a strong amulet for sons and daughters, especially if they go on a long journey.

Not surprisingly, our glorious defenders today believe in the power of the vyshyvanka.

Combined with wide protective trousers it has become a peculiar uniform, a symbol of the people of Ukraine and its indestructibility.

It is necessary to mention the art- project "The Shooting Embroidery". The Vyshyvanka embroidered with fragments of shells.

The mistrionics together with the native servicemen and volunteers, friends and sisters of Ukrainian soldiers take part in the restoration of the Ukrainian national attire.

Another type of traditional Ukrainian clothing is the sorochka, a long-sleeved shirt worn by men. Like the vyshyvanka, the sorochka is often decorated with embroidery, but it is usually less colorful and more understated in design. The sorochka is typically made of linen or cotton and is worn with a belt and trousers. The Hutsul men wear a woolen shirt called a kosovorotka, which is embroidered on the sleeves and collar. They also wear a fur hat called a kolpak and a leather belt with a metal buckle. The women wear long woolen skirts and embroidered blouses, with a woolen vest called a zapaska. They also wear a floral wreath on their heads called a rovniak.

Wreath: In the traditional Ukrainian culture, the wreath was worn by girls and young unmarried women. The wreath may be part of a tradition that dates back to ancient East Slavic customs. The floral wreath remains part of Ukrainian national dress, worn on festive occasions and holidays.

Combat hopak:

When people hear the word hopak they may think of the Ukrainian men in loose-fitting red or blue trousers dancing and kicking their legs to the side. Hopak is a traditional Ukrainian Cossack dance which goes back centuries. This is also known as boyovy hopak or fighting hopak, and it is a modern type of martial art in Ukraine.

Combat hopak is the brainchild of Volodymyr Pylat, a former karate master. He found, for example, that there were similarities between the famous hopak acrobatic jumps and the movements Cossack fighters made when they had to knock enemies off their horses or knock out two enemies at the same time. "I created combat hopak so that the Ukrainians have their own martial art. In 1996, the first nationwide competition of combat hopak was held in Ukraine, and in 1997, it became the

Ukrainian national sport. To get through the first one, you have to work hard for two years and win 12 fights in Ukrainian competitions. You also have to do an odnotan'.

Combat hopak is very popular in Ukraine and there are almost 10,000 athletes all over the country. There are also combat hopak clubs in Canada, the USA and other countries. It is very popular with children and there is even a special version of hopak for women, called 'asgar'.

Combat hopak is an amazing way to train your body, but also to learn some things about the history and culture of Ukraine.

In conclusion, the Ukrainian traditional clothing and national dances have remained distinct and recognizable, and interest in preserving and promoting this aspect of Ukrainian culture continues to grow.

Reference:

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