



Welcome to the African Kurash Union Website

The sport of Kurash is still young on our continent, but has grown in popularity with huge strides.

Annual Continental Championships are held for Cadets, juniors and seniors.

We are affiliated to the International Kurash Association that has more than 100 affiliated countries covering all the continents. Member countries from Africa have participated in numerous world and international competitions with good results.

Kurash originating from Uzbekistan is a tough physical sport for athletes of all ages and gender.

Please browse the site for additional information and associated rules.

Thomas Dunker
President African Kurash Union