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SABZ KHAMEH

*A Study of the Structure and Customs of
Iran's Traditional Sports*

Author: Seyyed Amir Hosseini

Design and graphics by: Gholamreza Asgari

International Zurkhaneh Sports Federation

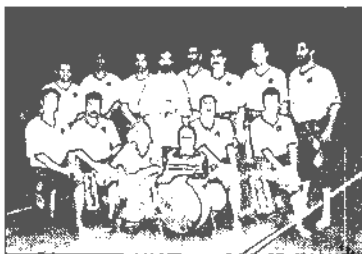
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Preface

Every cultural element is not only valuable locally or nationally; it enriches man's global treasure, and belongs to the whole of the human society. Although the avalanche of Western cultural elements has made many cultural elements fade away, the *zurkhaneh* is still going strong. It shines like a pearl that has crystallized through thousands of years of our culture. It is our duty to be deserving successors, and safeguard our cultural heritage and spiritual capital and try to make it even richer rather than let it fade away or be destroyed. Losing it would not only our loss; a part of man's whole culture will have been lost.

Zurkhaneh is still one of the living things we have inherited from our ancestors; it continues to contribute significantly to Iranian life. *Zurkhaneh* can still remind us about championship, fairness and dignity, and educate healthy and proud youth for us. It is due to the uniquely constructive role of the *zurkhaneh* that its preservation and expansion - both athletically and culturally as well as socially and ethically - is extremely important.



On Mehr 20th , 1383 a significant stride was made in the history of sports in Iran. Due to God's will as well as the support of the representatives of 22 countries of the world the International Zurkhaneh Sports Federation was founded.

The present work entitled "A Study of the Structure and Customs of Iran's Traditional Sports" is the outcome of the working committee on "Rules and Rrgulations to internationalize the Traditional Sports."

Dear experts such as the late Amir Hamidi, Seyyed Abdullah Sadjadi, Bahman Boustan, Ali Naderpour, Kazem Kazemeini and many other *zurkhaneh* sports officials have cordially assisted in compiling the present piece of work.

Seyyed Amir Hosseini
Secretary General of the International
Zurkhaneh Sports Federation