

## A study on Zurkhaneh sports' effectiveness on the acceptive general workout plan and the globalization workout plan for the next generation

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*Iranians think that every cultural element is not only valuable locally or nationally; but it also 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. Iranians think it a duty to be worthy of the zurkhaneh successors, and safeguard their cultural heritage and spiritual capital and try to make it even richer rather than let it fade away or be destroyed. Losing it would be not only their loss; a part of man's whole culture will have been lost.*

*Zurkhaneh is still one of the living things they have inherited from their ancestors; it continues to contribute significantly to Iranian life. Zurkhaneh can still remind them about championship, fairness and dignity, and educate healthy and proud youth for them.*

In my presentation, I wrote about the development of Zurkhaneh sports for the next generation.

### 1. Introduction

The zurkhaneh is a place to gain strength, reinforce the virtues of sportsmanship, modesty, humbleness and avoid arrogance. Zurkhaneh sports are done in a roofed area; the building resembles ancient temples or cellars. The entrance is smaller than usual doors. The rood is high and domed, like a mosque. The gode, the hollow, deeper area in the middle of the zurkhaneh, is where the sports are done.

The gode(meaning hollow, deep) is usually octagonal, and is built about 70 centimeters lower than the other parts of the zurkhaneh. All the edges of the gode is made of soft wood or plastic to protect the athletes from getting hurt. Surrounding the gode there are platforms for the spectators to sit, and also a special place for keeping the sports equipment.

## 2. Workout Plan

**1) Warming Up:** These moves are highly crucial to preventing injuries to athletes. Also, during the workout session, after push-ups or workouts with the meel or the kabbadeh, the morshed uses his chants and his drum to call the athletes to perform suitable warm-up exercises reinforcing muscular harmony and helping them catch their breath.

Nowadays, athletes are encouraged to go through a series of exercises reinforcing flexibility prior to entering the gode.

### Traditional Zurkhaneh Warm-up Moves

- ① Sar-navazi(head movements prior to push-ups)
- ② Slow whirling around(pa-zadan)
- ③ Flexibility exercises for the upper half of the body in order to prepare the athlete for meel workouts, relieve his fatigue and help him recover his strenght.
- ④ Kham-giri(simple wrestling moves)aiming to strengthen leg muscles and reflexes.

### The Effect of Warm-up

Warm-up should begin with an activity to elevate core temperature, prepares the body physiologically for exercise by body temperature, stretching ligaments and muscles, and increasing flexibility, and exercise programs should be specifically designed for the individual because no two people have the same physical abilities, motivation, body composition, or preliminary level of physical fitness so the beginner or student(more younger) athletes needs touch the knees on the floor when they feel pain during The Sar-navazi because usually oriental people's uper body is so heavy so they need reduce the weight.

When The warm-up moves allowed the knee can touch the floor for practice.

**2) Picking Up the Sang:** The sang is a heavy, wide wooden board built like retctangular battle shields. Its upper edge is arched, and it has a handle in the middle. The sang comes in different weights, and was in past also called the na'l and the sang-e-zoor(the "strength stone"). The athlete first lies on his back on the sang location-outside the gode-and holds a sang in each hand. The workout can be done in two ways:

### Traditional Zurkhaneh Sang Moves

- ① Sang Geeri Jofti(Coupled Sang Workout): The athlete lies on his back and lifts up the sangs, bringing them up simultaneously to his chest.
- ② Sang Gereftan Ghaltan or peeche (Rolling Sang Workout): Here, the athlete holds one sang perpendicularly to the ground while putting the other horizontally on his chest. Using his whole body, he moves the sangs right and left.

### The Effect of Sang Gereftan(Sang Workouts)

① Increasing Upper-half Muscle Group Power:

Small and large chest muscles, the muscles between the ribs, and stomach muscles.

② Strengthening Shoulder and Upper-half Muscles:

Deltoid, arm, wrist, and forearm muscles.

③ Reinforcing Moral Virtues through Chants of Epic and Mystical Poetry

Sang Weight:

Depends on the athlete's strength, age and weight.

Sang Geeri(The Sang Workout):

The sang workout is performed in accordance with the zurkhaneh sports regulations for various age groups and the designated time limits.

The Sang weight needs more various classify cause physical abilities is different.

When The Chants of Epic and Mystical Poetry allowed the varied words for competition because the player need understanding the meaning of words.

**3) Pa-zadan(Whirling Around):** The Pa-zadan means performing a series of rhythmic, balance moves using the arms and the legs by means of short, rapid whirls done in various styles. These moves strengthen cardiac and respiratory stamina, neuromuscular harmony and recovery processes. Due to the demanding need for balance and its difficulty, Pa-zadan is quite an art. It can also be done as a group activity, and each style has a different name and a different beat coming from the morshed.

The Effect of Pa-zadan(Whirling Around)

① Improving cardio-respiratory performance and circulation

② Improving neuro-muscular coordination and strengthening feet muscles

③ Improving muscle pump and venous blood return

④ Reinforcing Moral Virtues through Chants of Epic and Mystical Poetry

The Pa-zadan workout will develop muscular strength and endurance, cardiorespiratory endurance, and flexibility. and increase duration of exercise intervals and keep exercise intensity constant.

The spin makes thought immersion in the body and fall into a trance and attentional focus to be narrow-internal not broad-internal(e.g., attending to past events, overanalyzing body mechanics) or external sources(e.g., audience, crowd noise). During The spin can be used focus attention reduce anxiety, eliminate distractions, and enhance confidence.

**4) Push-ups:** Zurkhaneh push-ups include athletes, leaning upon their legs, press their upper half down on their hands. This is done on a push-up board-a wooden, rectangular device 75 centimeters long with two 5-centimeter-long legs. Athletes position themselves around the gode, lay the push-up board on the floor, lean their hands on it, move their legs back, and as the morshed chants and beats his drum, move their head and chest down close to the board, and then push back up. The myandar(the workout leader) guides the push-up

process

Various Forms of Zurkhaneh Push-ups

- ① Korsi Push-ups serve as to warm the athlete up for his next exercises. It's various forms are called the "one-whip push-ups," "two-whip push-ups," "three-whip push-ups," etc.
- ② Whirling("Peech")Push-ups: Here, the athlete lowers himself down toward the push-up board, and then takes his head near his left armpit.

The Effect of Push-Ups:

- ① Increasing Upper-half Muscle Group Power:  
Small and large chest muscles, the muscles between the ribs, and stomach muscles.
  - ② Strengthening Shoulder and Upper-half Muscles:  
Deltoid, arm, wrist, and forearm muscles.
  - ③ Strengthening Bending Neck Muscles
  - ④ Reinforcing Moral Virtues through Chants of Epic and Mystical Poetry
- The Push-ups workout will develop muscular strength and endurance. When they do that athletes send messages nonverbally. In nonverbal communication such factors as physical appearance, posture, gestures, body posturing, and touching are critical. Nonverbal messages are harder to hide and consciously control than verbal messages are, so they are often more accurate indicators of how a person feels and give positive gesture among them. Some member of team as a beginner needs step by step increase duration of exercise intervals and keep exercise intensity constant.

### 5) Meel Geeri Dar Zurkhaneh(Zurkhaneh Meel Workouts)

The meel is a wooden, cone-shaped instrument with a handle, about 70 centimeters high, which comes in various weights. Athletes select meels that suit them, put them on their shoulders, and start turning them around over their shoulders with the morshed's beat as if they are maces. The athlete keeps one meel steady as lowers the other behind his shoulder.

Various Forms of Meel Geeri (Meel Workouts)

- ① Slow or "tip-of-wrist" meel-catching:  
the meels are moved around the shoulders. When the left hand makes a turn around the body, the other hand is kept upright.
- ② Fast meel-catching("gavorgeh"): Originating from a Mongolian work, the "gavorgeh" form of meel workouts involves very rapid movements. The athlete holds the meels with the tips of his wrists.
- ③ Meel-playing: Highly popular with the audience, this is where the athletes throw a few light meels in the air.

The Rules of Meel Geeri

- ① Straight backbone
- ② Keeping within the restricted area
- ③ Not bending over so that one's body exits the restricted are
- ④ Not bending the knees

⑤ Grabbing the meel by its handle—both when throwing it and also when catching it

⑥ The restricted area for the meel workout is a circle of 3 meters diameter

The Effect of Meel Geeri:

① Increasing Upper-half Muscle Grout Power:

Small and large chest muscles, the muscles between the ribs, and stomach muscles.

② Strengthening Shoulder and Upper half Muscles:

Deltoid, arm, wrist, and forearm muscles.

③ Strengthening Bending Neck Muscles

④ Increasing Static Power of Waist and Leg Muscles

⑤ Increasing Neuro-muscular Harmony and Reflexes and Improving Reactions, particularly during Meel Workouts

⑥ Reinforcing Moral Virtues through Chants of Epic and Mystical Poetry

The Meel-Workouts will develop muscular strength and endurance.

Increasing concentration and focus attention reduce anxiety, eliminate distractions, and enhance confidence.

## 6) Turning Around

Begins with the younger athletes doing the workout, and then moves on to the oldest, the veterans and the champions. Having asked permission to begin his workout, the athlete takes for steps to the right and then four steps to the left on tiptoe; called the "se-pa," these brisk walk serves to help the athlete concentrate better. then, he starts his workout.

Various Forms of Turning Around:

① Jungle-type whirling(Jangali)

② Hammer-type whirling(Chakoshi)

③ Sharp(also called simple)whirling(Teez)

④ Grall-type whirling(Chamani)

⑤ Tak-par("single-jump")whirling(one whirl, one jump)

⑥ Three-jump whirling(two whirls, three single jumps)(Se Par)

⑦ Qajar whirling

The effect of Turning Around

① Increasing neuromuscular harmony and balance while movement

② Increasing aerobic strength and stamina in leg muscles

③ Increasing agility and speed

④ Improving posture and figure fitness

⑤ Reinforcing moral virtues through chants of epic and mystical poetry

The Turning-Around workout will develop focus attention, reduce anxiety, eliminate distractions, and enhance confidence.

## 7) The Kabbadeh

The kabbadeh is a bow made of iron with metal rings and coin-like pieces hanging on its body. The athlete should lift it above his head and move it over his head and shoulders so that his hands do not bend; meanwhile, the morshed

counts and beats his drum. The kabbadehs available in the zurkhaneh usually come in different weights.

The Three Forms of Kabbadeh Zadan(Kabbadeh Workouts):

- ① one-sided: The kabbadehs are moved back and forth between one of the shoulders to the head.
- ② Two-sided: Here, the kabbadeh is moved from the left shoulder to the right; usually, only veterans and champions can do this move.
- ③ Facing the chest or front: In this difficult move, the kabbadeh is pulled vertically by opening the hands toward both sides of the body.

The athlete working out with the kabbadeh can perform innovative games during his workout and gain 5 extra points.

- ① The first 40throws, half a point each, 20points totally
- ② The next 22throws, 1 point each; 22points totally
- ③ The last 10 throws, 3 points each, 30 points totally
- ④ New, game-like innovative moves 5 points each

The effect of Kabbadeh Zadan(Kabbadeh Workouts):

- ① Increasing Upper-half Muscle Group Power:  
Small and large chest muscles, the muscles between the ribs, and stomach muscles.
- ② Strengthening Shoulder and Upper-half Muscles:  
Deltoid, arm, wrist, and forearm muscles.
- ③ Strengthening Bending Neck Muscles
- ④ Reinforcing Moral Virtues through Chants of Epic and Mystical Poetry  
The Kabbadeh Workouts will develop muscular strength and endurance, and especially the triceps muscle and grip power needed.

### 3. Conclusion

Until now we have been shown the body and its psychological effectiveness of the movements following the general rules and regulations of the Zurkhaneh sports.

The Zurkhaneh in the form of sport, which have deep relations with Iran's history is different from the ways of work out of nowadays, which is simple repetition movements to develop certain parts of muscle. Zurkhaneh has various motion prepared for masculine engagement based on group or individual's physical characteristics. different to other sports. I specialize in fixed weight strength and demands endurance of muscle and respiratory system. For the Zurkhaneh to globalize it needs more various sizes and weights of exercise equipments. From children to old aged people, they need to use proper equipments based on their characteristics not to excess their limit. To become globalized it needs to interest kids with various colors and sizes of equipments. As for music to uprush and devout the mind, it can't be insisted in using Iran's traditional music. Apart from the trouble with language it is also hard to match or find rhythm that can be conscious of racial

characteristics. In accordance with Zurkhaneh, it needs to study the music and lyrics for united and devout minds match between two countries. Lifting heads and saying "Alli" could cause problems in other religions, Admitting freedom of religion of each country is very important to say what match their countries. Before everything else for The result of a match, if a foreigner might have doubt about refereeing from Iranian, people will begin to dislike the sports and further more it could even bring friction between other countries, so reliable judgement is needed. Therefore it needs to directly show proper valuations for the product of players hard work. Ssireum in Korea, Sumo in Japan, in the same way, Zurkhaneh is for Iran. These are facts that can't be changed. Therefore, if Iran has confidence as a suzerain country and has matches with other countries with fair play and sportsmanships Zurkhaneh's globalization is not far as it seems.

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