



**SHANGHAI UNIVERSITY SPORTS RESEARCH CENTER
COLLEGE OF PHYSICAL EDUCATION**

“ SPORTS OF THE ANCIENTS WITH MODERN TOOL ”

Morshed, Tombak and Zang..

Varzesh-e-Bastani music can positively affect your pregame mindset by :

- * Giving you a boost in intensity or energy before you perform.
- * Helping to boost your focus and get your game face on.
- * controlling your mood prior to competition.
- * providing a positive background for your pregame mental rehearsal.

many athletes use music to help them get into the zone and establish the right intensity. if you play certain zurkhaneh songs (listening to the sounds of tombak..) enough before games, it gets you in the right mindset.

the biggest benefit of listening to morshed voice and sounds of tombak is to control your level of intensity before a game.

some zurkhaneh athletes/koshti pahlevani become anxious before competition and can use music to help them relax.

most athletes will use music to help them boost their energy and increase excitement.

if you compete in koshti pahlevani or other zurkhaneh sports events, you might want fast-paced music that can help boost your intensity.

another big benefit of using pregame music (the sounds of tombak and voice of morshed) is that it can help reduce unwanted distractions and help you escape into your own world. the sounds of TOMBAK and VOICE OF MORSHED might even help you get in the ZONE and focus on your role in the game.

Music and sounds of tombak as a MOTIVATION for zurkhaneh training :

- * warm up for the first 5-10 minutes with a slow to moderate tempo.

* the zurkhaneh training phase should have songs that match your exercise pace, are fun and upbeat..

* Rotate fast zurkhaneh songs (sounds of tombak + the voice of morshed) with slower songs for interval training.

* cool down with slower paced for your final phase. like your warm up should have a few zurkhaneh songs with a slower beat that will slow your body and heart rate down.

* finish with flexibility and stretching by slowing the song tempo even more . use this time to calm your body and mind enjoy relaxing after a great zurkhaneh workout.

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