



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

“ THE BIRTH OF ANCIENT PAHLEVANI “

INTRODUCTION TO VARZESH-E-PAHLEVANI :

Varzesh-E-Pahlevani (sport of the heroes) also known as Varzesh-E-Bastani (sport of the Ancients) or simply as “Pahlevani” is a traditional sport and a style of wrestling that originated in ancient Persia.

Pahlevani sports is an ancient Persian national sport which is composed of a series of strength-conditioning techniques that are accompanied with wrestling.

In addition to physical training of the body, chivalry, courtesy, and bravery are of great importance in this sport.

The Pahlevani sports participants are expected to be pure, truthful, and good tempered and only then strong in body.

Varzesh-E-Pahlevani is normally practiced in “ ZURKHANEH “ where different tools (Meel,Kabbadeh,sang,Takhte shena) are utilized for physical training.

The trained “ sportsmen “ of the Varzesh-E-Pahlevani are called “PAHLEVAN“ (literally athlete).

“ HISTROY OF ZURKHANEH “ (house of strength) :

The traditional Gymnasium in which the Varzesh-E-Pahlevani is practiced is known as the “ ZURKHANEH ” (HOUSE OF POWER).

These houses of strength are covered structures with a single opening in ceiling, with a sunken octagonal or circular pit in the center (Gaud).around the “Gaud” is a section for the audience, one for the traditional zurkhaneh musicians, and one for the athletes.

The main part of the Varzesh-E-Pahlevani session is dedicated to strength training-Cardio exercises, notably using a pair of wooden clubs (Meel), wooden shields (Sang), Bow-shaped iron weight (Kabbadeh/Kaman) and wrestling (Kushti Pahlevani) .

“ PAHLEVANI SPORTS RANKS AND GRADES” :

1: PAHLEVAN-E-PAHLEVANAN (pahlevan of pahlevanans) which included court-sponsored Sportsmen. 2: MASTER WRESTLER (strong men). 3: PAHLEVAN of country. 4: Grand Pahlevan . 5: world pahlevan .6: champion of champions.

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