

TRADITIONAL SPORTS AND GAMES



PHOTO 1: **Malkhumb**

This **Indian** art involves people performing stunts on a poll.



PHOTO 2: **Hurling**

It is an outdoor team sport of ancient Gaelic origin, mainly played in **Ireland**. The object of the game is for players to use a wooden stick called a *hurley* to hit a small ball called a *sliotar* between the opponents' goalposts either over the crossbar for one point, or under the crossbar into a net guarded by a goalkeeper for one goal, which is equivalent to three points.



PHOTO 3: **Bazh Yod**

"Bazh Yod" means porridge-stick, in other words, the instrument used to stir porridge. This traditional **Breton** game consists in tearing a stick from the hands of an opponent while seated, or in pulling this opponent toward oneself by lifting him to his feet.



PHOTO 4: **Beugelen**

Originally popular all over Europe, this game is now solely played in **Flanders**. Its purpose is to pass bowls in a ring attached to the floor, while preventing the other team from doing the same. The team which reaches 30 points first, wins.



PHOTO 5: **Bitlles Catalanes**

Traditional **Catalan** game of skittles in which each player is allowed nine turns and has to knock down six wooden skittles with three smaller ones.



PHOTO 6: **Bolo Palma**

It is a variant of bowls played throughout the north of **Spain**. The game originated in Asturias and Cantabria but is also played in the neighbouring Basque Country. Records of the game go back as far as the 16th century. The basic aim of the game is the knock over as many pins as possible with a wooden ball.



PHOTO 7: **Bolo Pasiego**

The Bolo Pasiego is a variant of skittles, as is the Bolo Palma, but this game is traditionally played in the Pasiegos valleys of **Spain**.



PHOTO 8: **Boule Nantaise**

This game, which combines skill and strategy, consists in having as many balls as possible roll close to a smaller one called "petit". To do this, players can also push an opponents ball aside and thus further away from the "petit". The player who has managed to get the most balls as close as possible to the "petit" wins the game.



PHOTO 9: **Boules plombées**

The game, mainly played in **Morlaix (Finistère)** consists in getting balls the closest possible to a ball called "maître". To do this the ball must always roll and not be thrown. The players have to be at a distance of 1 m while playing. If the "maître" or a player's ball roll to the far end of the court, the game is cancelled and has to be restarted.



PHOTO 10: **Falcon Hunting**

Falconry, the training of a bird of prey to fly free, hunt and then return to captivity, is a long-standing and legendary tradition of the **Arab world**, practised by rulers and the elite.



PHOTO 11: **Trick Riding**

Horse riding is especially central to **Mongolian** culture. The long-distance races that are showcased during festivals are one aspect of this, as is the popularity of trick riding. One example of trick riding is the legend that the Mongolian military hero Damdin Sükhbaatar scattered coins on the ground and then picked them up while riding a horse at full gallop.



PHOTO 12: **Corte de Troncos**

Derived from the activity of cutting oaks and beeches, this sport is a competition of cutting tree trunks with an axe, practised in many **Cantabrian** villages. The aim is to finish a defined number of cuts into a tree trunk as quick as possible.



PHOTO 13: **Galoche sur billot**

This **Breton** game consists in throwing pucks at a small wooden rectangle resting on a wooden block, in order to knock it over. According to region, the wooden rectangle is either placed in the middle of the wooden block (which is easier) or just on the edge. Each player is entitled to 6 pucks per game. Given that every puck is worth one point, the objective is to achieve 6 points during a game.



PHOTO 14: **Gouren**

The Gouren or Breton wrestling is a combat sport played in **Brittany**, but also in **Cornwall** and **Scotland**. Victory, or *Lamm*, is proclaimed when a fighter succeeds in throwing his opponent on the back, with both shoulders touching the ground before any other part of the body.



PHOTO 15: **Camel Racing**

It is a popular sport in **Saudi Arabia, Bahrain, Qatar, United Arab Emirates, Australia, and Mongolia**. Professional camel racing, like horse racing, is an event for betting and tourist attraction.



PHOTO 16: **Sepak Takraw**

or kick volleyball is a sport native to Southeast Asia, resembling volleyball, except that it uses a rattan ball and only allows players to use their feet, knee, chest and head to touch the ball. It is a popular sport in **Vietnam, Thailand, Cambodia, Malaysia, Laos, Philippines and Indonesia**.



PHOTO 17: **Jiu-Jitsu**

Literally meaning the "art of softness," or "way of yielding" is a collective name for Japanese martial art styles including unarmed and armed techniques. Jujutsu evolved among the samurai of feudal **Japan** as a method for defeating an armed and armored opponent without weapons. Due to the ineffectiveness of striking against an armored opponent, the most efficient methods for neutralizing an enemy took the form of pins, joint locks, and throws. These techniques were developed around the principle of using an attacker's energy against him, rather than directly opposing it.



PHOTO 18: **Karate**

It is a martial art developed in the Ryukyu Islands (**Japan**) from indigenous fighting methods and **Chinese** kenpō. It is primarily a striking art using punching, kicking, knee and elbow strikes and open-handed techniques such as knife-hands and ridge-hands. Grappling, locks, restraints, throws, and vital point strikes are taught in some styles. A karate practitioner is called a karateka.



PHOTO 19: **Kokpar**

A traditional **Kazakh** game played on horseback in which two teams of players compete to carry a headless goat carcass into a goal.



PHOTO 20: **Kegelen**

This game is played in villages of the provinces of **Vlaams-Brabant and Limburg**. The purpose of the game is to knock down the most skittles possible with an agreed number of balls.



PHOTO 21: **Kilhoù bro Leon**

The game, played in the Evêché de Leon (**Brittany**), consists in knocking down the most skittles possible with three balls. The skittles are put back into position after every throw.



PHOTO 22: **Krulbol**

This **Flemish** game is played with two teams of two or three players. Their ball has to roll the closest possible to a “stek”, which is a small peg planted in the ground. Every player has one ball. The ball can roll straight towards the “stek” or describe a curve so as to by-pass obstacles and push an opponent’s ball further away from the “stek”.



PHOTO 23: **Sevel ar berchen (Lever de la perche)**

The purpose of this **Breton** game is to raise upright a steel pole ballasted at the other extremity by a heavy weight and this without being allowed to rest the pole on the ground for support.

Once raised, the competitor has to maintain the pole in balance to show he is in control of it.



PHOTO 24: **Nunchaku**

This traditional **Japanese** weapon consists of two sticks connected at their ends with a short chain or rope. It is a swinging weapon that requires a lot of practice and expertise to master and actually use and which was made famous by Bruce Lee and his movies. Ninjas could strangle an opponent or even execute joint locks with the chain between the two sticks.



PHOTO 25: **Palet Gascon**

In this game, played in the South-west of **France**, the player has to bring down a skittle, on which three coins have been placed, by means of two pucks. He wins points, if the puck lands close to the coins.



PHOTO 26: **Quilles de Huit**

The game, mainly played in **Aveyron and the South-west of France** consists in bringing down a maximum of skittles from 5 different distances, this by means of two different techniques: a skittle and a ball. Every skittle that has been brought down is worth 1 point.



PHOTO 27: **Rampeau de l'Astarac**

In this game played in the **South-West of France**, the players have to bring down the most skittles possible with a mallet during a round which includes 10 throws. A skittle is worth a point.



PHOTO 28: **Regatas de Traineras**

In this **Cantabrian** activity, participants have to cover a pre-established distance in as fast as possible.



PHOTO 29: **Salto Pasiego**

The pasiego jump is one of the most famous rural sport of **Cantabria**. Players have to jump the farthest possible longest possible, their only support being the tip of the stick they used as a lever.



PHOTO 30: **Struifvogel**

This game now solely exists in the communes of Lier & Kapelle-op-de-Bos (**Belgium**). The *Struifvogel* is a wooden bird suspended from a mast by a cord. The player takes place in a square marked on the ground, situated opposite the target. A steel point is placed in the beak of the bird and the player seizes the leather strip fixed to the bird. The player releases the bird which plunges towards the target. The centre of the target is worth 25 points, while the external circles are worth 20, 15, 10, 5 and 1 point.



PHOTO 31: **Choule**

It is a collective sport which is still often played in **Normandy and Picardy**. This game is said to be ancestor of football and rugby, which it closely resembles, except that both teams have the same goal (called a *puddle*), that there is no limited number of team members (originally the teams were constituted with all the valid men of two or several villages) and that all moves are permitted.



PHOTO 32: **Tiro de Cuerda**

A traditional game played for centuries by children and adults of the rural environment while they let their cattle graze in the fields. Its origins are unknown but today it is still played during **Cantabrian** festivals as a rural sport. The objective is to force the opposite team to cross a line on the ground by pulling on the same rope.



PHOTO 33: **Yağlı güres**

(Pronounced « *Yaleuh Gouresh* ») is the **Turkish** national sport. It is commonly known as oil wrestling (sometimes as grease wrestling) because the wrestlers douse themselves with olive oil. The wrestlers, known as pehlivan (from Persian *pahlavan*, meaning "hero" or "champion") wear a type of hand-stitched lederhosen called kisbet (sometimes kispet), which were traditionally made of water buffalo hide, but now also of calfskin. Unlike Olympic wrestling, oil wrestling matches may be won by achieving an effective hold of the kisbet.



PHOTO 34: **Sambo**

also called Sombo or Cambo and sometimes written in all-caps is a relatively modern martial art, combat sport and self-defense system developed in **the Soviet Union** and recognized as an official sport by the USSR All-Union Sports Committee in 1938. The word "Самбо" (*Sambo*) is an acronym meaning "self-defense without weapons" in Russian. Sambo has its roots in Japanese judo and traditional folk styles of wrestling.



PHOTO 35: **Bacanje Kamena S Ramena**

Means throwing stones from the shoulder. It is said that it has its roots in practicing for battles against Turks in medieval ages. Regardless of its old age, this traditional sport is still practiced today in the **Republic of Montenegro**.



PHOTO 36: **Capoeira**

Capoeira is an Afro-Brazilian art form that combines elements of martial arts, games, music, and dance. It was created in **Brazil** by slaves brought from Africa, especially from present day Angola some time after the 16th century. Participants form a *roda*, or circle, and take turns either playing musical instruments, singing, or ritually sparring in pairs in the center of the circle. The sparring is marked by fluid acrobatic play, feints, and extensive use of sweeps, kicks, and head butts. Less frequently used techniques include elbow strikes, slaps, punches, and body throws. Its origins and purpose are a matter of debate, with theories ranging from views of Capoeira as a uniquely Brazilian folk dance with improvised fighting movements to claims that it is a battle-ready fighting form directly descended from ancient African techniques.



PHOTO 37: **Varma Kalai**

Meaning "*the art of vital points*", is an ancient Indian martial art which has its origins in Kerala and Tamil Nadu, **India**. The art itself originally began as a healing art, which later turned into a martial art. It is also called the art of healing and the art of killing.

The attacks in Varma Kalai are meant for self defence and though they target the vital pressure points throughout the human body, the emphasis is on stopping an attacker without actually damaging him permanently. Even in the most extreme situations there is an emphasis on using as little violence as possible. Varma Kalai teaches one to attack with or without weapons.



PHOTO 38: **Krav Maga**

Lit. "Contact combat" or "close combat"), is an eclectic hand-to-hand combat system developed in **Israel**. It was derived from street-fighting skills developed as a means of defending the Jewish quarter during a period of anti-Semitic activity in Bratislava in the mid- to late 1930s. Unlike most martial arts, Krav Maga is essentially a tactical defense skill. It is still used by the Israel Defense Forces, Mossad, FBI, United States special operations forces...



PHOTO 39: **Kyūdō**

Literally meaning "way of the bow", is the **Japanese** art of archery. It is a modern Japanese martial art.



PHOTO 40: **Tai Chi Chuan**

is an internal Chinese martial art often practiced for health reasons. Tai chi is typically practiced for a variety of other personal reasons: its hard and soft martial art technique, demonstration competitions, health and longevity. Consequently, a multitude of training forms exist, both traditional and modern, which correspond to those aims. Some of tai chi chuan's training forms are well known to Westerners as the slow motion routines that groups of people practice together every morning in parks around the world, particularly in **China**.