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Zoor Khane: History and Techniques of the Ancient Martial Art of Iran

D.H. Luijendijk

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Iranian soldiers of the past traditionally honed their famed physical strength and combat techniques by practicing zoor khane - a comprehensive martial system with training exercises designed to develop the power and agility needed for fighting with the sword, bow and arrow, club and shield. Though its origins are shrouded in mystery and legend, zoor khane is perhaps among the oldest extant martial arts in the world. In this book, D.H. Luijendijk, author of Kalarippayat: India's Ancient Martial Art, uses step-by-step photos of each technique to transport the reader into a traditional training hall of zoor khane, revealing the age-old knowledge of this revered art. He also examines the vital link between zoor khane and wrestling, which has always been an important part of the Iranian martial arts. Anyone with an interest in martial arts, wrestling or Middle Eastern culture will find a wealth of information in this book

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