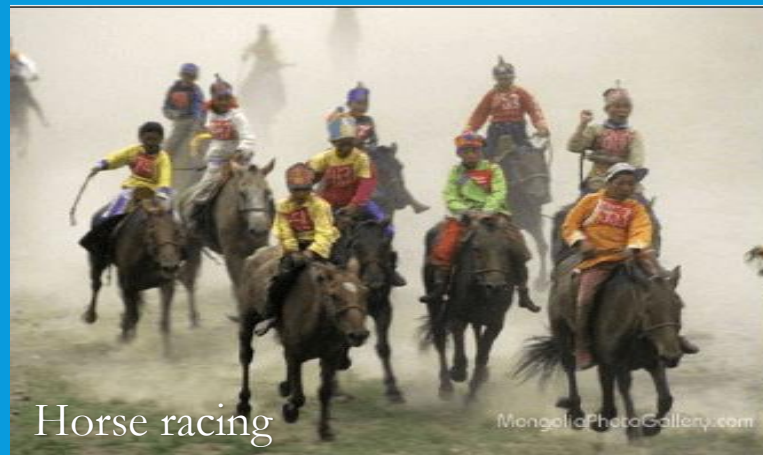
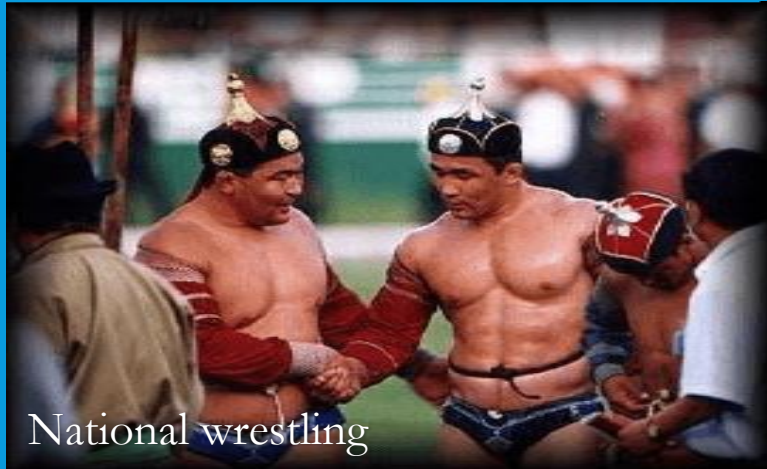




MONGOLIAN NATIONAL SPORTS

The three men's sports, horse racing, archery, and national wrestling, are the most popular sports in Mongolia which every Mongolian loves to watch and play. The biggest festival called “Naadam” is held for these games every year.



Naadam is the biggest traditional festival in Mongolia, a locally termed "eriin gurban naadam" or "the three games of men". It is held in Ulaanbaatar city during the National Holiday from July 11 to 13. It begins with an introduction ceremony featuring dancers, athletes, horse riders, and musicians.



ARCHERY



Archery in the 13th century



Archery in the modern time

DETAILS ABOUT BOWS



Mongolian horn bow - one of the main category of bow family

- Weight - 10-16 pound
- Shooting distance - 350 yards
- Wooden frame - 40-45 inch

Made with: Bow - horn, wood, animal skin, glue and sinew Arrow - wood, metal and feather



English Long Bow

- Weight: 7-8 pound
- Shooting distance: – 250 yards

RULES OF THE ARCHERY



Distance from target

- Men - 75 meters
- Women - 60 meters



Each competitor must :

- shoot 40 times
- try to hit red targets

HORSE RACING



ABOUT HORSE RACING

The most popular sport in Mongolia is horse racing.

There's no country out there to match Mongolians' love for horses.

Traditionally, the horse is one of the common types of transportation.

Then, racing them comes naturally and has been done for centuries.

“NOMADIC
PERSON IS BORN
IN THE SADDLE“

...

Horse racing rules:

- ❑ divided into six categories based on age of the horses
- ❑ race from 10 miles to 17 miles depend on age of the horses
- ❑ children from the ages of 5-13 are chosen as jockeys



DO YOU KNOW MONGOLIANS HAVE GOT SPECIAL NAMES FOR THEIR HORSES?

#	Mongolian name of the horses	English
1	Daaga	2 years old horse
2	Shudlen	3 years old horse
3	Khyzaalan	4 years old horse
4	Soyolon	5 years old horse
5	Ikh nas	6 years old horse
6	Azraga	after 7 years old

WRESTLING



- ❑ Bokh, the Mongolian word for wrestling, has a history of more than 2,000 years.
- ❑ It means to force an opponent to touch any part of their body other than the feet to the ground, placing them in a position of inferiority
- ❑ Genghis Khan considered wrestling to be an important way to keep his army in good physical and combat shape.

SOME INTERESTING FACTS ABOUT WRESTLING



- No weight limit
- No age limit
- No field line
- No time limit
- Have authority to choose an opponent based on their ranking.

Mongolian wrestling is the most popular national sport and a vital cultural piece for all Mongols around the world. When a male child is born in a family, Mongolians wish him to become a wrestler.



WRESTLING RANKINGS

	Titles	Round
6	Nachin (falcon)	5 th round
5	Hartsaga (hawk)	6 th round
4	Zaan (elephant)	7 th round
3	Garudi (a bird)	8 th round
2	Arslan (lion)	9 th round
1	Avraga (titan)	Wrestler who won The Naadam at least 2 times are awarded.



The largest Mongolian wrestling tournament

The largest Mongolian wrestling tournament involved 6,002 participants. It was organized by the Mongolian National Wrestling Federation (Mongolia) and was held in Ulaanbaatar, Mongolia, between 17 and 25 September 2011.



DO YOU KNOW ANY OTHER
FAMOUS SPORTS IN MONGOLIA?

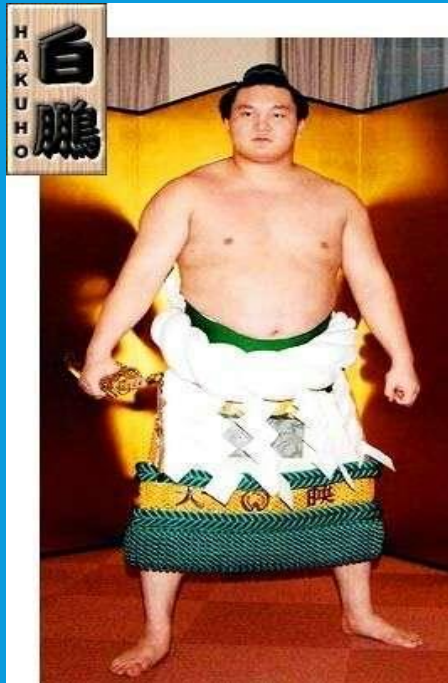


SUMO

Starting in 1991, Mongolians began to become especially prominent in sumo; as of 2005, Mongolians composed roughly 5% of all ranked sumo wrestlers, making them more than 60% (37 out of 61) of non-Japanese [rikishi](#) in Japan



Yokozuna Asashoryu
Height: 184.0cm
Weight: 147.0kg



Yokozuna Hakuho
Height: 192.0cm
Weight: 154.0kg



Ozeki Harumafuji
Height: 185.0cm
Weight: 128.5kg

JUDO

The fascinating success story of Mongolian judo can be traced back to back to the middle ages when Genghis Khan's warriors conquered half of the world. They were skillful in martial arts and molded by fighting sports but none more so than traditional wrestling.



SHAGAI

Shagai (Anklebone) games are an important part of Mongolian traditional games. There are myriad kinds of anklebone(shagai) games which attract both children and adults.





БАЯРЛАЛАА
THANK YOU