

Informational Presentation Mentor Outline

Title Slide	<p>Sports in Iran</p> <p>Image: Iranian flag background</p>
Slide 1	<p>Topic: Varzesh-e-Bastani</p> <p>Details:</p> <ul style="list-style-type: none">• Translates to "ancient sport"• Ancient sport originated in Persian Empire• Looks like a combination of wrestling, strength training, and meditation• Emphasizes physical, conditional, and moral/ethical values• Practice in a building called Zurkhaneh, which means "House of Strength" <p>Images: https://iranpress.com/iranian-wrestling-what-iran-is-known-for</p>
Slide 2	<p>Topic: Koshti Pahlevani</p> <p>Details:</p> <ul style="list-style-type: none">• "Heroic wrestling"• Form of wrestling that comes from the practice of varzesh-e-bastani• Martial and combat sport• Also emphasizes ideas of honor and chivalry• Traditionally used to train warriors in Iran <p>Images: https://iranpress.com/iranian-wrestling-what-iran-is-known-for</p>
Slide 3	<p>Topic: Wrestling Legacy Today</p> <p>Details:</p> <ul style="list-style-type: none">• Gholamreza Takhti: most famous and beloved Iranian wrestler<ul style="list-style-type: none">◦ Was a freestyle wrestler and varzesh-e-bastani practitioner• Iranian wrestling team has become international champions and gold medalists<ul style="list-style-type: none">◦ 47 Olympic medals on record• Hassan Yazdani<ul style="list-style-type: none">◦ Olympic and World Champion freestyle wrestler◦ Nicknames: The Greatest, Bulldozer, and the Lion King

	<p>Images:</p> <ul style="list-style-type: none">• https://www.pbs.org/wgbh/pages/frontline/tehranbureau/2012/01/profile-gholamreza-takhti-world-champion-wrestler-iranian-patriot.html• https://iranpress.com/iranian-wrestling-what-iran-is-known-for
Bibliography Slide	<ul style="list-style-type: none">• https://voiceofguides.com/varzesh-e-bastani-more-than-a-sport/• https://www.visitouriran.com/blog/pahlevani-and-zourkhaneh-rituals/• https://www.pbs.org/wgbh/pages/frontline/tehranbureau/2012/01/profile-gholamreza-takhti-world-champion-wrestler-iranian-patriot.html• https://iranpress.com/content/57852/iranian-wrestling-what-iran-known-for