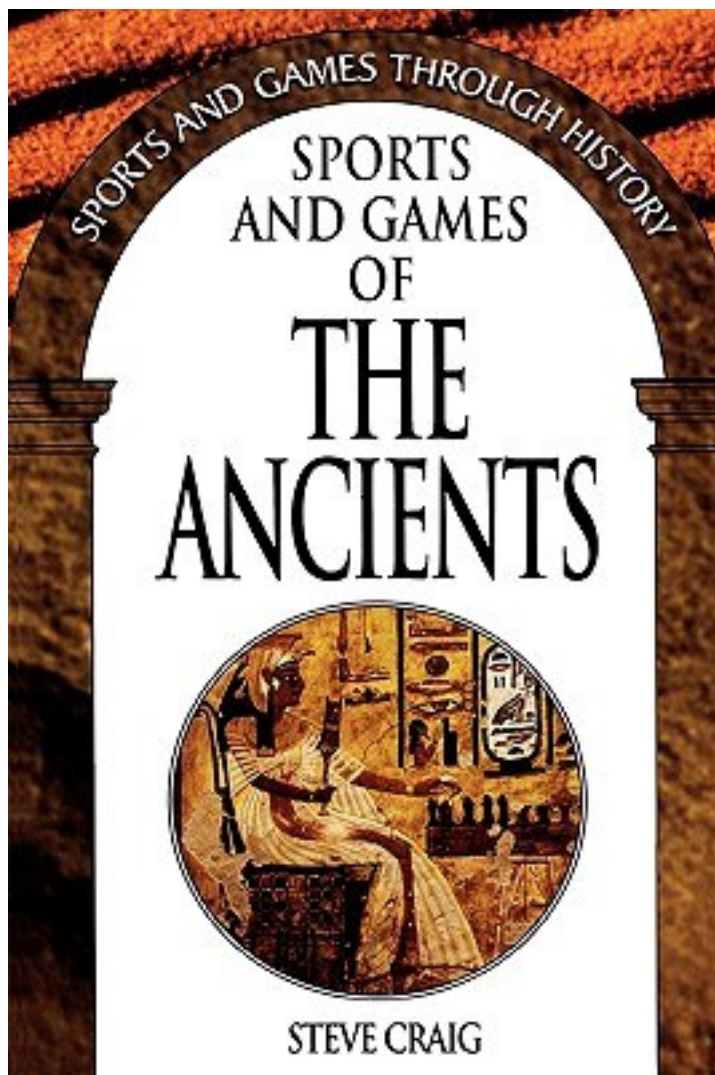


# Sports and Games of the Ancients



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Based on reports from 19th century explorers, museum artifacts, and other historical documents, the rules, equipment, and diagrams as they are currently understood are provided here for readers, along with suggestions for adapting these sports and games for modern times. Sports enthusiasts and students will find this volume a valuable resource for discovering the earliest beginnings of our modern-day sports. Divided according to seven geopolitical regions of the world, "Sports and Games of the Ancients" describes the sports, games, and play of our earliest ancestors. Their need for survival in often hostile conditions enable them to develop skills such as long distance running or archery, and these skills were then practiced in friendly competitions that evolved into our modern-day marathons and Olympic events. Covering such games as Africa's mancala and senet, the martial arts of Asia, the log run and Tejo of Latin America, and the boomerang and surfing of Oceania, this volume provides a solid picture of the sports and games of our ancient ancestors.

作者介绍:

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