

- **Timing based on the position of the sun:** if your shadow falls right on your feet when you stand, then it is considered to be noon (*gung*).
- The first crowing of the rooster is considered to be around 2-3 a.m (the time of Ox sign in the lunar calendar called *che-yoe lang* (*phyed yol glang*) while the second crowing is around 3-4 a.m at dawn (the time of Tiger sign called *thorang tag* (*tho rangs stag*), and so on. However, if the rooster crows in the middle of the night (around 12 p.m to 1 a.m), it is considered to be a bad omen. This is believed to be the time when the malevolent spirits are awake.

4.7.3. Measurement of Length and Distance

In the past and even today where measuring instruments are not available, there is a very unique measuring style where people used their body part as the measuring scale. The following are the equivalent measurement:

- *Sor gang* = one width of the thumb



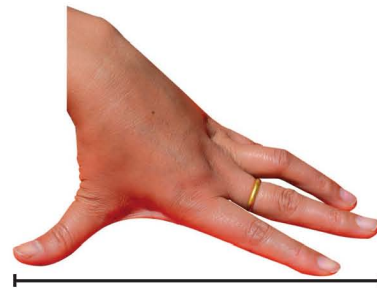
- *Gi gang* = from stretched tip of thumb to the bent end of index finger



- *Cha tho gang* = from stretched tip of thumb to the end of index finger



- *Tho gang* = from the outstretch tip of middle finger to the tip of the thumb



- *Lag gang* = the breadth of a palm



- *Chu gang* = from tip of elbow to the tip of middle finger



- *Dom gang* = from the tip of the middle finger of one hand to the tip of the middle finger of the other hand with both arms fully stretched.



- *Zhudom* = A bow length
- *Dajang* = A distance of archery range (c 140 meters)
- *Jangdrak* = A distance of about 500 zhudom.
- *Pagtshed* (yojana) = 4000 zhudom (About 4.5 miles (7.4 km)/ league