



to knock the other off balance so that he loses his grip on his right foot. The one that lets his foot drop first loses the game. It requires the player to use his instinct and make the move by studying the movement of the opponent. This game also became popular in schools.

#### 2.2.12. Weight Throwing Game

The game of backwards weight throwing is called *jab dho*. It is a kind of an outdoor sport where a man throws a heavy weight backward over his head with all his strength. But *jab* (back) *dho* (stone) is somewhat similar to the hammer throw in the Olympic Games but without the chains to hold the weight. There is no measurement of how far a person can throw the weight over his head. The man holds a heavy stone or a wooden block with both of his hands and swings it between his legs. When he has gained enough momentum, he hurls the weight over his head as far as he can. The throw is then measured by distance. Thus, he earns a reputation of a strong man in the community.

Today, this game is played as one of the events in a strongman competition in Bhutan although its standard is still indigenous and different from that of the Olympics.

#### 2.2.13. Shot-put

The Bhutanese version of shot-put, called *pung dho*, is closer to the shot-put in Olympics except that the shot-put is randomly picked from the ground. *Pung dho*, as elders recall, was a game played by men to measure strength among their



friends. A heavy spherical stone is randomly selected for the challenge. Any number of players can participate in this sport. A line is drawn from where a player should hurl the stone. The player holds the stone on his palm above the shoulder. A right-hand thrower keeps his left foot in front of the line and then the right foot is used to kick in motion whilst tossing the stone. The first drop is marked and the other players follow.

There is another technique of tossing the stone called *Chong do* wherein a player gets the option to run to the line for a few metres before tossing the stone. It would be prearranged by the players themselves if they can use either option or just one. The goal is however, to release the stone with maximum force in a forward motion to see who throws the farthest. Outwardly the game is played for fun, but inwardly it is a contest for strength.

#### 2.2.14. Hide and Seek

Hide and seek or *eeb tshoel* is basically a game of hide and seek (*eeb* means hide and *tshoel* means seek) played by children inside their homes. It is commonly known to the children as *kuku*. Any number of children can play the game. One among the children is selected as the seeker while all others have to hide around the house. The seeker has to either count down from ten to one before he or she starts to look for the others or a warning alert has to be sounded that he or she is coming to look for them. If he or she receives no answer, then the seeker is assured that everyone has hid themselves.

The first child who is discovered by the seeker is out of the game and the last person is acclaimed as king or queen of the game. The child who is discovered first becomes the seeker for the next round of the game and the process goes on and on. There is nothing to lose or win in this game but it is just a little game for children to keep themselves occupied.

#### 2.2.15. Game of Sticks

The game of *tsang dum* is a simple game played between two persons with a bunch of small sticks. The bunch should be made up of at least 20 to 25 pieces of finely cut sticks, each about the length of the index finger. The number of sticks depends on the players willing to add more fun and time to play. The more sticks, the more time it takes to end the game. The player holds the bunch of sticks inside his fist and puts it on the ground in an upright position before releasing it without any force. He picks up the stick which has fallen furthest from the others and uses it to throw away the others without disturbing any other stick. The difficult part is when the sticks are lying on top of the other. The player