

2.2.19. Arm Gripping Competition

The arm gripping competition is called *pare shere* in Bhutan usually sported by young men trying to show their physical strength. This game is also commonly known as *pare shere* in Dzongkha. Two players are involved in this game. For instance, Player A firmly grips one of Player B's wrists with both hands. Player B then tries to free the hand from Player B's grip by rapidly twisting his wrists about, but without using his other hand to help. If he succeeds in freeing his hand from the grip of Player A, he wins the round. Similarly, in the next round they change their sides and the same technique is followed. In the whole contest, the best of 3 becomes the winner.

2.2.20. Snowball Hiding Game

Kha khe (snowball hiding) is a game played on the first day of the first snowfall of the season. *Kha khe* is a term used in the western regions of Bhutan while *khacha* is a term used by locals in the central regions (such as Trongsa and Bumthang) for the same game. Small pieces of different items like rice, chili, cheese, butter, salt, tea leaves and other essential items are carefully concealed inside a leaf which is encased in snow to form a hardened snowball. The snowball is then discreetly hidden in a neighbour's kitchen beside the mud oven or somewhere

nearby the hearth. If the owner of the house does not detect it before the person leaves, he shouts from a distance to look for the snow ball. The house owner has to prepare a meal according to the ingredients found inside the snowball. But, if the person somehow forgets to include an essential item like salt in the snowball, the menu will be prepared without adding salt. On the contrary, if the neighbour comes to know of the hidden snowball before the visitor leaves the house, he or she can literally throw the snowball at the visitor. If the ball hits the visitor the house owner will claim the meal from him. Sometimes the initiator turns out to be the loser.

2.2.21. Winning the Eyebrow

This game is called *mingthong*. It is played by young herdsmen in remote villages in the eastern district of Lhuentse. Young boys set a target at a reasonable distance. The target can be any object, tree, log, rock, etc. The players throw stones from an agreed distance to try to hit the target. Anyone who successfully hits the target gets to pluck a hair from the eyebrows of the other players and place it on his head as a sign of victory. Hence, the name *minthong* means "Winning the Eyebrow" in the language of the lower Kurtoe region in Lhuentse district. It is still played by young boys especially during their leisure hours while looking after cattle.

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