



Historical Eurasian Cavalry **Discipline**

Chogān Field Training Track



Introductory Information

Chogān is the Persian name for an ancient game that became adapted to a modern sport today, later called polo by the British (though it is still called *chogān* in Iran today). Traditionally it was played in royal courts, often accompanied by music and storytelling, and served as a game during peacetime for warriors to practice basic kinds of equestrian skills that could also be useful in battle. The exercise from which this track derives comes from a thirteenth-century Persian military manual (within the *farasnāma* genre), titled *Adab-al-harab va Shojaat* ('The correct usages of war and bravery'), and is an exercise to train for playing *chogān*. Given that the game served as a way to practice equestrian manoeuvres that would be generally useful for battle, it has been adapted here for a few horse archery tracks involving technical riding manoeuvres.

The Chogān Field Training Track is an exercise based on the Basic Chogān track design but within a smaller area and requiring only one multi-faced (or cylindrical) target in the centre. Like the Basic Chogān track, it involves a mixture of four 45m straight lines and four 15m diameter circles (with a post on the outside of each circle, like in the Basic Chogān track), with 60cm targets, testing various aspects of archery, riding, and horse abilities. The smaller version, designed for walk and trot training, can be set up in a much smaller area than the larger version. However, the track can be done continuously as many times as desired with no fixed start or end point, thus creating a useful training tool for riders and horses alike.

The basic level for the rider involves alternating between half-seat for shooting on a straight, then sitting for slowing and performing a simple lead change around a medium circle. For the horse, the basic level requires general balance on both sides, the ability to follow a track with a barrier only on one side, alternation between straightness and bending, and the ability to quickly perform canter to trot and trot to canter transitions to change canter lead.

Eventually, at the highest level, the best competitors and horses will extend the canter along the straight, shoot, then smoothly and swiftly collect up for a flying change right before the circles. Performing flying changes allow competitor and horse to be more efficient and will allow the competitor both to have more time to nock on the circle, prepare for shooting, and prepare for extending the canter on the straight. These two training tracks are a means to working towards this without requiring quite as much space.

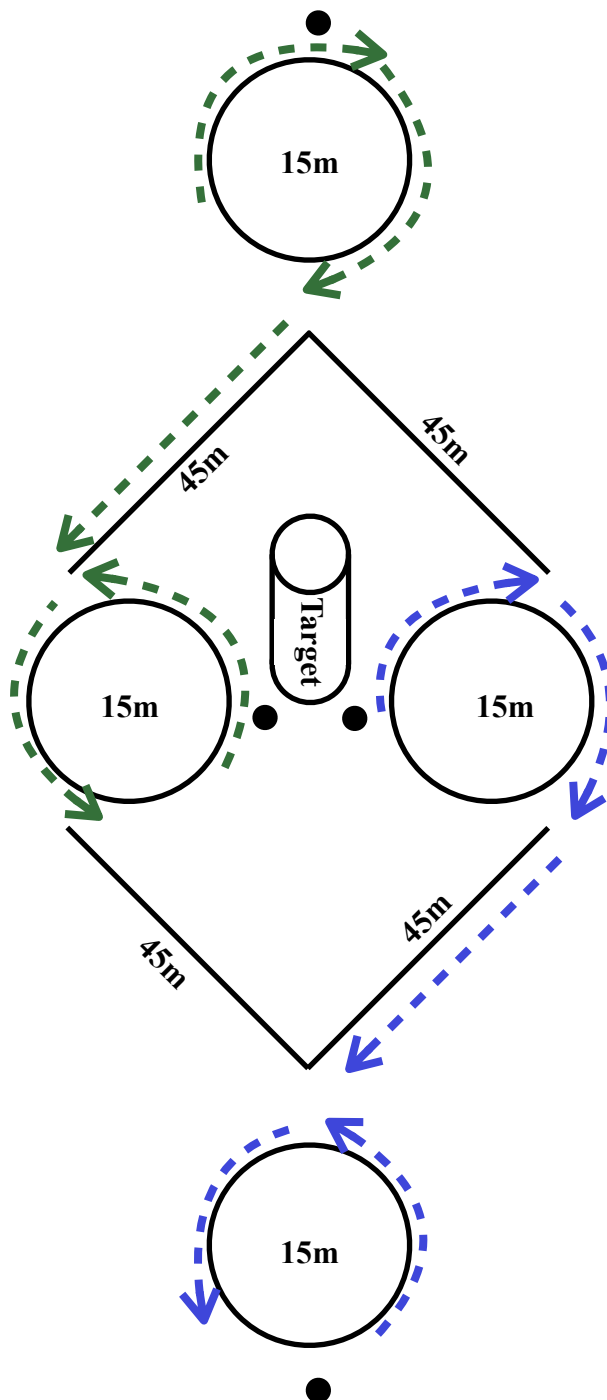


Chogān Field Training Track - Large

Area Required: 140m x 80m

Allotted time: 100s

Right-handed - - - - -
Left-handed - - - - -





Chogān Field Training Track - Small

Area Required: 110m x 55m

