



Safir Ardehal Publication



Safir Ardhal Publication

It was founded in November of 2015 with the efforts of Seyed Hossein Abedini and was introduced to the publishing industry of Iran. He placed the publishing approach on the production of resources related to traditional medicine and history and textual research using manuscripts. Publishing books on nutrition and complementary medicine are also considered to be other books that have been discussed more.

Literary novels and sacred defense, religious poems and studies in the field of religion, sports, political, scientific written works, and works related to children and teenagers, as well as Persian tazkires, collections of medicine and treatment in ancient times, history of medicine in Iranian Islamic civilization, men's studies, history of science and civilization of the Islamic period, travelogues, essays on Islamic heritage, each of which has been published in several titles, are in the list of printed books of these publications.

During its 15 years of operation, Safirardhal publishing house has been able to publish 162 translation titles, 1013 authorship titles, 194 reprint titles, 1000 first edition titles and a total of more than 1170 book titles in various fields. (six volumes), the comprehensive translation of Al-Sanaa al-Tabiyyah (30 volumes), the collection of Aghili Khorasani's works (fourteen volumes), the interpretation of the verses of the Holy Qur'an from the perspective of Persian-speaking poets (two volumes of Rahli), the translation of the Sahih Seerah of the Great Prophet (Eighteen volumes), the treasure of free and foreign wrestling techniques, the encyclopedia of Nazheh al-Qulob (full text in two volumes), the education and history of Khat Siyaq (two volumes), Iran's lore, the name of the end (the most important book of the religion of Ahl al-Haq), the codes of preservation and health, 365 Roz Hamgam with Iranian vegetarian food is considered to be one of the most popular titles of these publications, which have been honored as important and important sources in various festivals such as Year Book, Chapter Book, and Field Book.



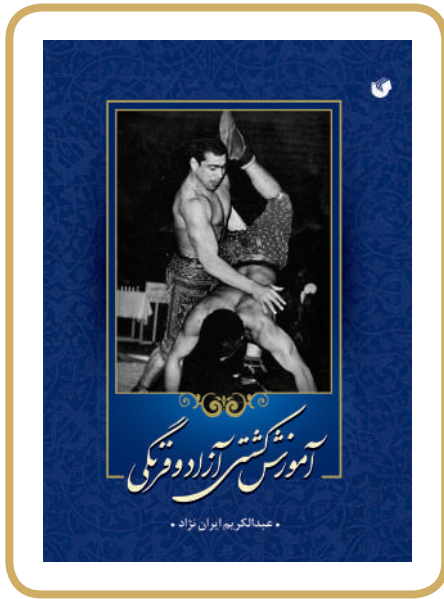
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. In 2013 (the 27th Tehran International Book Fair), Safirardhal Publications was announced as the selected publisher of the special section and in 2017 (at the 31st Tehran International Book Fair) as the selected publisher of the year. These successes are part of the pride of the publication record. Choosing the best booth in the 27th Tehran International Book Fair in 2016 is also one of the other cases.

Collaboration in the publishing of joint books with several research and cultural centers, including the library of the Islamic Parliament, the Research Institute of Humanities and Cultural Studies, the Institute of Written Heritage, Niloberg Publishing House, University of Tehran, Eco Cultural Institute, Malek Museum and Library are other publishing activities. .

Making an agreement and obtaining and publishing several works (copyright) from Chinese publishers in the field of history and culture of the aforementioned country is considered one of the new and defensible works of this publishing house in the international field.

In a new approach, obtaining a publishing license (copyright) for children's books from reputable foreign publishers is on the agenda of these publications, and a nine-volume collection from a large German publisher started this way. The introduction of authentic books and the source of this publication to the global market is also done by authentic literary agencies; Also, the joint cooperation of this publication with Renmin University of China has been carried out to complete the resources of traditional medicine by producing and publishing several book titles. Safirardhal Publications is proud to make a valuable contribution in accompanying prestigious professors and introducing great works to the publishing community, and to take a small step in uplifting Iranian culture.

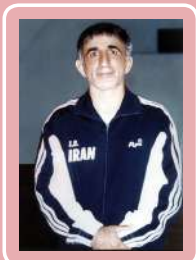


Freestyle and Greco-Roman Wrestling

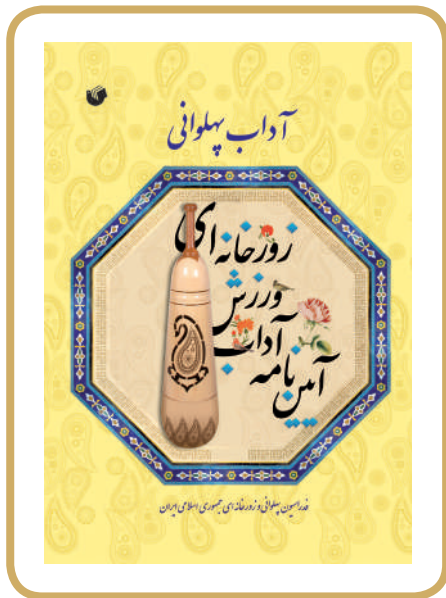
Wrestling is one of the oldest and most widespread sports in the world and probably originated in prehistoric times by changing the form of hand-to-hand combat and replacing death or severe injury with a symbolic victory. The upcoming book is the result of years of experience gathering knowledge and study of the author of the book under the title of wrestler and coach next to the wrestling mat, and with a simple method, it provides the training of the basic and basic concepts of freestyle and freestyle wrestling, as well as parts of advanced training. In fact, the author has tried to make the contents of the book usable for both beginners and to provide more information for those who want to follow this sport professionally. Because it will be very useful to know the words and names of techniques in international language and their translation in local language.

Abdolkarim Iraninejad

- Pages: 480
- ISBN: 978-600-313-643-4
- Print: 2018
- Size: 165 × 245 mm
- ALL RIGHTS AVAILABLE



He was born in 1949 in Khorramabad. He studied elementary and high school in Shah Abbas, Shapur, and Amirkabir schools, and after completing his undergraduate education, he has served during thirty-year period with having some responsibilities include: Industrial health, oral health, mental health, non-epidemic diseases, communicable diseases, and nursing services provided valuable services to his community. Iran-Nejad had a keen interest in wrestling during his young period, under the supervision of the deceased professor Ahmad Rezai, a founder of the sport of Wrestling in a new method in Khorramabad - Learned the Freestyle and Greco-Roman Wrestlings techniques. In weights of (63 ,57 ,52 ,48, and 69) Kg among youth, students, college students, and ringmasters of the country during several years, he gained the first and third places in a country's level, and achieved the world fourth place in Hungary. After spending academic periods of preceptorship, under the supervision and the auspices of the National Wrestling Federation and the National Olympic Committee, he has also done remarkable work in coaching youth and wrestlers in Khorramabad.



Athletic Mores in the Gymnasium

It is completely vivid and obvious that the traditional Iranian sport, the Pal estral sport has plentiful of mores and manners that have mingled and rooted throughout a context of history during centuries. That etiquette had originated in social culture, civilization, and traditions of our country and subjected to alternations during different periods. These mores has allocated themselves to a very significant section of the Palestal culture; unfortunately, they blended in with superstition and innovations during some eras; also some of them obsolesced and unhandred their applicability.

These instances have burdened several problems in a path of prosperity, affluence, and development of this sport. Thence, in addition of the important necessities and priorities in a federation besides a revision of technical disciplines of this sport, were a revision and a codification of habitudes (necessities) and prudence (recommendations) in the Gymnasium.

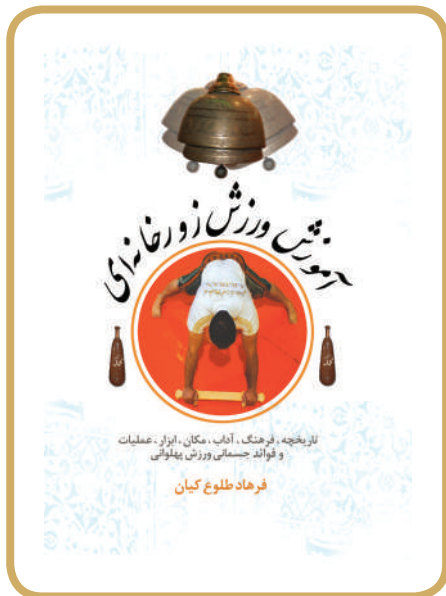
Farhad Tulo Kian

- pages: 74
- ISBN: 978-600-313-198-9
- print: 2014
- size: 165 × 245 mm
- ALL RIGHTS AVAILABLE



Farhad Tolo Kian is one of the former champions of several sports fields, who started as a sports journalist in 1373 in Resalat newspaper, and in his managerial records, he is the responsible director of Iran Sports newspaper, the technical deputy of the Veterans and Disabled Federation, the head of the wrestling and powerlifting federation and a member of the clubs board of directors. The arrow appears. Among his other honors, the following can be mentioned:

- Secretary of the Gymnasium Sports Association of the Iran Wrestling and Gymnasium Federation
- Obtaining 9 first places in the country and one first place in Tehran province in individual arts and ancient sports
- Conducting and performing numerous choruses and accompaniments with Gymnasium i barb
- Winner of the first prize among 17 countries in the Qatar Traditional Sports Festival
- Obtaining a certificate of sports refereeing
- Secretary of the festival of the best gurus of Iran Zameen
- Head of the national sports team in Dubai and Austria
- The head coach of the Iranian national team in the first Asian Gymnasium sports competition and winning the first place in Asia



Gymnasium sports training

(history, culture, manners, place, tools, operations and physical benefits of wrestling sports)

Gymnasium is the sacred ancient sports place of Iranians and the seat of strength and power and the title of a historical place where Iranian wrestlers are trained. Finding the path of the heroes' story to the literature and poetry of the Iranian land, the creation of aims and manliness and the transmission of the heroes' adventures from breast to breast and generation to generation among the people of the Iranian land, shows the special and influential role of the wrestlers on the history of Iran. The name of the ship is taken from a belt called «Keshti» that Zoroastrians used to tie three times around their waists while praying and wrestlers for wrestlers. With the arrival of Islam in Iran, the Pahlavi religion took on a more religious color and became the focus of more thinkers and people

During the Qajar period, the interest in wrestling increased so much that Naser al-Din Shah appointed a person named Sahib al-Dawlah to expand and develop wrestling and spread the competition of wrestlers in different squares of the city. The place where they practice ancient sports is called Gymnasium. In addition to Gymnasium sports, wrestling was also held in there. Pahlavi and Gymnasium rituals

were registered in the UNESCO list of spiritual heritage by Iran on November 2009 ,25. Gymnasium sports have been introduced as one of the oldest bodybuilding sports in the world.

The history, culture, manners, place, tools, operations and physical benefits of strength and wrestling sports are described in the book of strength training. This valuable resource is a practical collection for training, which is written to standardize how to perform bodyweight exercises and is considered as a reference for competitions, training and correctness of movements. In the writing of the material, the author has discussed its generalities so that it is concise and useful, and in the section of sports operations, he has mentioned more about the correctness of the movements and has also made several references to the stunts of this sport. In the topics related to wrestling etiquette, the opinions of 54 veterans of this sport and elites from all over the country have been used in this field.

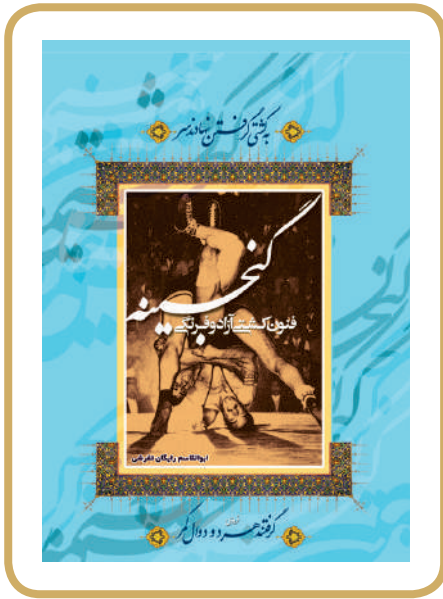
Farhad Tuloo Kian

- Pages: 127
- ISBN: 978-600-6068-00-8
- Print: 2010
- Size: 170 × 235 mm
- ALL RIGHTS AVAILABLE



Farhad Tolo Kian is one of the former champions of several sports fields, who started as a sports journalist in 1373 in Resalat newspaper, and in his managerial records, he is the responsible director of Iran Sports newspaper, the technical deputy of the Veterans and Disabled Federation, the head of the wrestling and powerlifting federation and a member of the clubs board of directors. The arrow appears. Among his other honors, the following can be mentioned:

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A Technical Treasure of the Freestyle and the Greco Roman Wrestler

Abolghasem Raygan Tafreshi

- **Pages: 736**
- **ISBN: 978-964-91949-6-7**
- **Print: 2013**
- **Size: 219 × 295 mm**
- **ALL RIGHTS AVAILABLE**

Drawing deep attention to healthy and bodybuilding and consequently treating human psyche have been perpetually under careful consideration of the ancient Iran. The remained roles and impacts of an antiquity, and the most important heroic literary works which its magnificence and grandeur epitomize in Firdausi's epepee. They are all abundant of commands, contents, and recommendations that are given to the bodybuilding and improving the human psyche. Among total heroic sports in the ancient times, the wrestling has a glorious and peculiar position. Probably, it can be courageously said that the wrestling was an exclusive sport of the Iranian tribes based on its particular feature. Through the social customs and culture, other nations and countries are lesser observed such movements for remedying personality and bodybuilding According to the book's title, it is a treasure of the

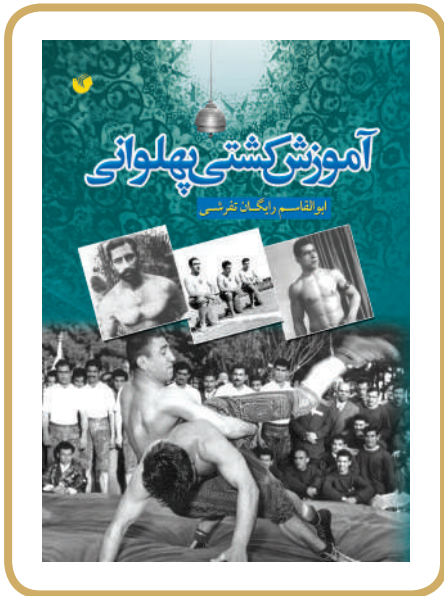
Freestyle Wrestler's techniques and expertise, and is one of the most complete and authentic sources for this branch of the Iranian ancient sport. This book has been trained a variety of the Iranian wrestling techniques with rarely pictures through the abundant attention and effort, and a name of each technique is declared due to an exact movement that has performed by the wrestling masters. Incredibly, this book is a precious selection for the whole people who are looking for an accession and investigation on the history of the ancient sports' evolution in the old nations and countries.

Humans show their talent and creativity based on the available needs and facilities in the life cycle of each one. Some do worthy and rare things that can be called masterpieces. Mr. Tafarshi, whom I have known for nearly fifty years and who has been one of the teachers in every sense of discipline and understanding in terms of ethics and sports, edited and published his masterpiece after years of hard work. Now, to complete this valuable work, he has prepared an appendix that will be a place of great joy for the wrestling family and the use of wrestlers and coaches.

Seyyed Mohammad Khadim



Initially, Rayegan Tafreshi led the wrestling team in the city of Saveh for five years, and achieved the championship title of Tehran province's club houses. Then, he made the wrestling team of Tehran Sport University as the champion title of Iranian universities, and served for fourteen years as the secretary of the Iranian School Wrestling Association. His report card registers his coaching for the Iranian youth team and winning as the vice-championship of the Asian contest with this team, as well as overseeing the country university's the wrestling championships. Abolghasim Rayegan Tafreshi also carried out valuable research in naming wrestling's techniques. In this book, Tafreshi teaches a variety of special techniques in the Freestyle and Greco-Roman Wrestling using the image of on-going wrestlers.



Athletic Wrestling training

Athletic Wrestling is one of the types of wrestling that each of the wrestlers in this type of wrestling should try to knock down the opponent with their strength and the fans trained in wrestling training. Usually in Gymnasium in the old days, it was customary that after performing sports and relaxation with the Gymnasium equipment, a number of people would practice and test their strength, and the «old rider» trained them. Wrestling was first done without weights (now it is done with weights) and it was customary to wear special pants for this wrestling.

In the past, to choose a champion, all contenders and champions came to the field, and after various battles and defeating all opponents, the «champion» was chosen. In fact, the ultimate goal of Gymnasium sport was wrestling.

With the emergence of Puria Vali in the 8th century, a huge transformation took place in the sport of powerlifting. During the Safavid era, more importance was given to sports, and in fact, the emergence of Gymnasium sports in its current form occurred from that time. During this period, according to the strength and weakness of the interest of the sultans and kings of the time, the

strength and weakness of wrestling sports. During the reign of Karim Khan Zand, after a period of stagnation, new life was breathed into the weak body of Gymnasium sports, and the appearance of wrestlers such as Akbar Esfahani and Agha Landre Doz is one of them.

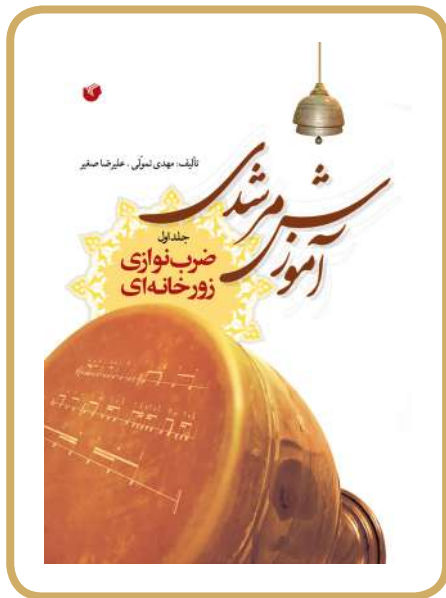
This book consists of two main parts. In the first part of the book, out of respect for the veterans of wrestling, the author introduced the wrestlers of the last fifty years of Iran, and in the second part, he introduced and taught 200 techniques of wrestling in an illustrated and step-by-step manner

Abolghasem Raygan Tafreshi

- Pages: 222
- ISBN: 978-600-6068-12-1
- Print: 2011
- Size: 210 × 285 mm
- ALL RIGHTS AVAILABLE



Initially, Rayegan Tafreshi led the wrestling team in the city of Saveh for five years, and achieved the championship title of Tehran province's club houses. Then, he made the wrestling team of Tehran Sport University as the champion title of Iranian universities, and served for fourteen years as the secretary of the Iranian School Wrestling Association. His report card registers his coaching for the Iranian youth team and winning as the vice-championship of the Asian contest with this team, as well as overseeing the country university's wrestling championships. Abolghasim Rayegan Tafreshi also carried out valuable research in naming wrestling's techniques. In this book, Tafreshi teaches a variety of special techniques in the Freestyle and Greco-Roman Wrestling using the image of on-going wrestlers.



Preceptor training, Gymnasium percussion

Alireza Saghir
Mehdi Tamavoli

- **Pages: 112**
- **ISBN: 978-600-6068-80-0**
- **Print: 2011**
- **Size: 205 × 285 mm**
- **ALL RIGHTS AVAILABLE**

In this beautiful, artistic and moral sport, the vertical mentor and its axis is the trainer of the soul and the guide of the sports movements of the wrestlers and athletes. Preceptor is a respectable, constructive, spiritual and artistic personality, without his voice and good percussion, it is not possible to perform the sport of strength and has no grace and attraction. A mentor, whether in terms of music, singing, literature, directing, and sports, must be at a high level of skill to attract and influence athletes and even people in society. This collection is trying to be an introduction for this purpose.

A part of this book includes the theory of percussion instruments, the contents of which are collected from different collections of music theory books. In the other part, the learners will get acquainted with the training of weight reading, which will be necessary to learn and implement different parts of this book. In the

third part, the preliminary stages of gymnasium percussion have been taught, in which topics such as: the correct way to sit and take gymnasium percussion, the three zones of gymnasium percussion, preparation of hands, tuning, bell and its application in gymnasium music have been explained. In the last part, gymnasium rhythms with notes are given. It should be noted that the authors of this collection have used a one-line system regarding the system of writing notes and selecting the carrier, because this type of system is also used for percussion instruments in different regions of the world



Alireza Saghir was born in 1973 in Shiraz. In the fields of art, he began to study music and the specialized instrument of percussion with Alireza Kovari and Navid Afog since 1992. Since 2000, it has been working as an official school of percussion. Membership in the committees of teachers, referees and scientific advisors of the Association of Consultants of the country, the refereeing of numerous championship mentoring competitions of the country, the national league and the festival of the best mentors of Iran, is some of his achievement.



Mehdi Tamavoli was born in 1979 in Tehran. Golden prize Percussion and epic reading in the second festival of Iran's top mentors and Golden prize of percussion in the third festival is the result of his scientific approach to the category of mentors. He has won the championship in individual matches of conform and national league in different years, and his other activities include being the secretary of the academic committee and being a member of the judges' committee of the country's mentoring association. Presenting the art of mentoring with the national team in Japan, the second Asian tournament in Nepal, the third edition of the World Cup tournament in Belarus are some of his overseas activities