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## Foreword

At the request of Pekin Pyan Win Ko (Innwa) I had the opportunity to read 'Facts about Myanmar Traditional Chinlone Sports and Correct Methods of Chinlone playing,' in manuscript form and write a foreword.

Win Ko (Innwa), who has been to Pekin (now, Beijing) as a selected chinlone player has been playing chinlone since 1962.

From 1990 to 2003, he served as an executive member and bursar of the Myanmar Chinlone Federation. From time to time, he has drafted chinlone rules and regulations for competitions and acted as assistant instructor in chinlone referee courses.

This manuscript writer by Pekin Pyan Win Ko (Innwa) can be divided into three parts.

1. In the first part, he presents a brief history of Myanmar Chinlone sports.
2. In the second part, he details the various matters concerning chinlone and its progress, since the establishment of the Myanmar Chinlone Federation in 1953, till now.
3. The third part, wishing to spread all his knowledge of chinlone learnt from various instructors and mentors, he has compiled a simple systematic easy guide for

all chinlone enthusiasts. Chinlone playing is ranked as a national sport. Its chinlone tossing movements provide good physical exercise. Besides that it is an inexpensive game that six people can play anywhere.

Finally, I would like to say that Pekin Pyan Win Ko (Innwa)'s book describes every matter worth knowing about chinlone that can be easily and quickly learn by training according to the methods presented here.

This book is a valuable book that every Myanmar Traditional Sports lover should keep at hand. I am very glad that such a priceless book about Myanmar Traditional Chinlone Sports has appeared.

President  
Myanmar Chinlone Federation