

សី Sey

Sey is a Cambodian game in which three or more players stand in a circle and kick the *sey* (similar to a shuttlecock) back and forth to each other in an attempt to keep it in the air for as long as possible, or to obtain a set number of “touches.” The *sey* is made of one or more goose or duck feathers sewn together on a circular base. The *sey* is kept in the air using only one’s feet, knees, chest, or forearm – no hands! It is thought that *sey* evolved from a game called *jianzi*, which has been played in China since the 5th Century BCE. The techniques used in playing *jianzi* were used in military training to improve a warrior’s defensive moves and strengthen their legs for battle. Currently, a game similar to *sey* is played throughout Southeast Asia; varying by region in styles of play and techniques used to maneuver the *sey* from person to person.



<https://youtu.be/-J5PuH7yIUo>

