

**Course Name: Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Introduction To Physical Education**

**Paper No.: I (Part-B 1)**

**Topic No. A (3)**

**Topic Name: Kho Kho**

**Lecture No.: 32**

**Lecture Title**  
**Kho - Kho Execution - Part I**

**FAQs:**

**Question1: How many teams are there in Kho-Kho game?**

**Answer:** Kho-Kho is played with two teams of 12 players. Players are numbered 1 to 12. One team is called Chaser and the other team is called Defenders.

**Question2: In kho-kho, how many methods are available for sitting in the square?**

**Answer:** There are two methods in Kho-kho for sitting in the square.

- Parallel – Toe method
- Bullet – Toe method

**Question3: What is Diving?**

**Answer:** In Kho-kho diving is a technique which is often used by chaser to cover up maximum distance in minimum of time, when a defender just cannot be touched by overcoming the distance with mere speed in chase.

**Question4: In kho-kho how many types of diving are used by chaser team?**

**Answer:** Diving is a technique which is used by chasers in Kho-kho by at least in the following three ways:-

- Sitting (spot) diving

- Diving while running (chasing)
- Pole (turning) dive

**Question5: What is Tapping?**

**Answer:** Tapping is an attempt by the chaser to touch a defender (runner) by extending his arm to the fullest possible extent towards the defender when he is on the post or on the central lane trying to cross it in order to escape. This requires electric speed and perfect timing.