

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No.: I (Part-B 1)

Topic No. A (4)

Topic Name:

Kabaddi Lecture No.: 34

Lecture Name:

Kabaddi - I

References:

Teach Yourself Kabaddi by Sharad Chanrad Mishra

Layout of Play fields by Dr. Balbir Bhari

Internet Links:

<http://kabaddiworld.blogspot.in/p/rules-of-kabaddi.html>

<http://prokabaddi.com/history/rules.technical.php>

<http://www.olympic.ind.in/images/Kabaddi.pdf>