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Kabaddi - I

Script

Introduction

Welcome to the dynamic world of Physical Education. Today in this episode we will be discussing about kabaddi, its origin, history and mythology

The game of kabaddi is one of the oldest games of Indian Origin, which is having a huge popularity in the country as well as in its neighborhood. As we all are aware about the Game that has been playing for along time. In India, kabaddi is popular by different names. In the southern parts of India, the game is referred to as Hu-Tu-Tu or Chedugudu. In eastern India, it is fondly called Hadudu (for men) and Kit-Kit (for women). The game is known as Kabaddi in northern India.

Kabaddi is aptly known as the "GAME OF THE MASSES "due to its popularity, simplicity, easy to comprehend rules, and public appeal. There is no sophisticated equipment in this game, which makes it a very popular sport in the developing countries.

It is basically an outdoor sport played on clay court and in the indoors it is played on synthetic surface.

For Men & Junior Boys the duration of the game is 45 minutes with a 5 minutes break in between for the teams to change sides. For WOMEN, GIRLS, Sub-Junior BOYS and Sub-Junior GIRLS the duration of the game is 35 minutes with a 5 minutes break in between.

The basic skills required for kabaddi are Breath control, raid, dodging and movement of hand and feet .The player has to acquire power and learn both offensive and defensive skills to excel in the game, which combines the characteristics of rugby and wrestling.

History of Kabbadi

Kabaddi attained National status in the year 1918. Maharashtra was the pioneer state to bring the game to the National platform and give it further popularity. Standard rules and regulations were formulated in 1918 but were brought out in print in the year 1923. An All India Tournament was organized at Baroda with these rules in the same year. Kabaddi has not looked back since then and numerous tournaments are organized all over the country throughout the year.

Kabaddi received its first Inter-National exposure during the 1936 Berlin Olympics, demonstrated by Hanuman Vyayam Prasarak Mandal, Amaravati, Maharashtra. The game was introduced in the Indian Olympic Games at Calcutta, in the year 1938. It was in 1950, that the All India Kabaddi Federation came into existence. Regular conduct of National level championships as per laid down rules and regulations began with effect from the year 1952. After the formation of the Amateur Kabaddi Federation of India, the first men's Nationals were held in Madras (now re-named Chennai), while the women's Nationals were held in Calcutta in the year 1955.

The rules were modified and some changes were introduced to the game during the National Championships held at New Delhi in the year 1954. Efforts were made to demonstrate the game in the World Youth Festival held at Moscow in the year 1957, but due to various unforeseen reasons, this could not be accomplished. The game was included in the curriculum of the Indian University Sports Control Board as a main sports discipline in the year 1961.

The game got further recognition when the School Games Federation of India included it in the school games in the year 1962. This body has taken up the responsibility of organizing state and national level competitions for school going children all over the country in various sports on a regular basis, every year.

The Amateur Kabaddi Federation of India, the new body, came into existence in the year 1972. This body was formed with a view to popularize the game in the neighboring countries and organize regular National level Men and Women tournaments. After the formation of this body, sub-junior and junior sections were included in Kabaddi national level tournaments, as a regular feature.

The National Institute of Sports included Kabaddi in the curriculum of Regular Diploma

courses in coaching , the premier institute develop sports in the country with effect from the year 1971. There after, qualified coaches in Kabaddi are being produced every year. The neighboring countries, Nepal & Bangladesh also send their coaches for the diploma course in various disciplines including Kabaddi, regularly. These qualified coaches are equipped to train players at different levels in a systematic manner with sports science back up.

In the year 1974, the Indian men's team toured Bangladesh as part of the cultural exchange program to play five test matches in different parts of the country. The Bangladesh returned the visit in the year 1979 and played five test matches in India.

The Asian Amateur Kabaddi Federation was formed in the year 1978, during the silver jubilee celebrations of National Kabaddi Championships in India, organized at Bhilai, Madhya Pradesh. The first Asian Championship in Kabaddi was organized in Calcutta, in the year 1980. A goodwill tour was organized in the year 1981 in which, the Indian men & women teams visited Thailand, Japan and Malaysia to play exhibition Kabaddi matches. Federation Cup Kabaddi matches also commenced in the year 1981.

Kabaddi was included as a demonstration game in the IX Asian Games hosted by India in the year 1982. In the year 1984, an open Inter- National tournament was organized at Bombay (now renamed as Mumbai), in India. During the Tri-Centenary celebrations of the city of Calcutta, an Inter-National Invitation Kabaddi Tournament was organized in the city. The South Asian Federation included Kabaddi as a regular sports discipline from the year 1984. Kabaddi was played for first time in the South Asian Federation games at Dacca, Bangladesh. Since then Kabaddi is being included in every South Asian Federation Games, which is played every once in two years. For the first time in the Inter-National Kabaddi scenario, India faced defeat at the hands of Pakistan and had to be satisfied with second place, winning the silver medal, in the 6th South Asian Federation Games at Dacca, Bangladesh, in the year 1993.

The second Asian Championship was hosted by India and was organized at Jaipur, Rajasthan. Malaysia and Japan participated for the first time in this Championship. In the 11th Asian Games held in the year 1990 at Beijing, China, Kabaddi was included in the main disciplines. This was a major landmark in the history of Kabaddi. India won the Gold Medal, which was a proud and unforgettable moment for Kabaddi lovers who had strived to bring Kabaddi to the Asian platform. India has been the reigning champion in the succeeding Asian Games held in 1994 at Hiroshima, Japan and in the Asian Games held in 1998 at Bangkok in Thailand.

Nike sponsored an International Women Kabaddi tournament in the year 1995, called the Nike Gold Cup, in Japan. The 3rd Asian Championship was hosted by Sri-Lanka in the year 2000. For the first time, Sri-Lanka secured a silver medal, defeating Kabaddi stalwarts Pakistan, in this Championship.

Kabaddi was introduced to the African countries as a demonstration sport in the Afro-Asian

Games, which was hosted by India in the year 2002. This is a feather in the cap for Kabaddi lovers and has been made possible thanks to the efforts of Mr. J.S.Gehlot, President, Amateur Kabaddi Federation of India and the Indian Olympic Association.

History of Kabaddi Game In India Origin

The origin of kabaddi can be traced to the pre-historic times. In India, kabaddi was primarily devised as a way to develop the physical strength and speed in young men. During its inception, kabaddi was played to boost the self-defense skills and to develop quick responsiveness to attacks. It also sharpened the reflexes of counter attacks of the individuals, who mostly played in groups or teams.

Kabaddi also finds place in Hindu mythology

A dramatized version of the great Indian epic Mahabharata has made an analogy of the game a tight situation faced by Abhimanyu, Pandava king, when he was surrounded by the entire enemies.

Buddhist literature speaks of the Gautam Buddha was also playing Circle Kabaddi for Recreating history also reveals that princes of Yore playing circle Kabaddi and display their strength to win the game.

The Indian epic – Shivpurana – gives the evidence of battle between Lord Shiva with Demons to protect Devtas for maintaining Goodness and Humanity. Again transforming with the ages “The Hanuman” of Ramayana times is the great epitome who did remove each and every obstacle by his strength, vigour, character during fight with Ravana.

Further, in Mahabharata times, different kings like – Jarasandh, Bhim, Balrama, Krishna, Abhimanyu, Kansa, Duryodhana, etc. are few examples who make the history of Great Battle by performing rules of fight. The King Chanderghupta, Krishna Devraya, Prithviraj Chauhan are further great examples for maintaining tradition of Kabaddi in form of sport as well as battle. The Great Heroes as Dara Singh, Harjeet Singh Brar, Bhalwinder Phidoo, Bhima, Khali who poses the spirit of this sport.

Kabaddi In Mythology

Historians suggest that some other ancient scripts have proved that kabaddi existed in the pre-historic times in India. In Mahabharata, Arjuna had a unique talent in the game of kabaddi. He could effortlessly sneak into the 'wall' of enemies, destroy them all and come back unscathed. As per the Buddhist literature, Gautam Buddha played kabaddi for recreational purposes. It says that he loved to play the game and took it as a means to exhibit

his strength, which helped him to win his brides. It is quite evident from the manuscripts discovered by the historians that kabaddi was a much adored game in the ancient times.

Kabaddi In Modern India

In the modern times, kabaddi was given the national status of a game in India in 1918. The state of Maharashtra is accredited with upbringing the game to a national platform. Consequently, the standard set of rules and regulations for the game were formulated in the same year. However, the rules and regulations were brought to print only after a few years, in 1923. During the same year, an All India Tournament for kabaddi was organized at Baroda, wherein the players strictly followed the rules and regulations formulated for the game. Since then, the game has come a long way. Its popularity increased and a number of tournaments were organized at national level, throughout the country. The game was introduced at the 1938 Indian Olympic Games held at Calcutta, which fetched it international recognition.

AIKF And AKFI With a view to increase the popularity of kabaddi as a sport in India, the All India Kabaddi Federation (AIKF) was founded in 1950. Since its establishment, the AIKF has been working towards uplifting the standard of the game. To serve the purpose, it has been conducting National level kabaddi championships on a regular basis since 1952, in accordance with the set rules and regulations (for the game). In 1955, the first men's national tournament was organized in Madras (the present day Chennai), while the women's nationals were held in Calcutta (the present day Kolkata). The Amateur Kabaddi Federation of India (AKFI) came into existence in 1973, in order to popularize the game in the neighboring countries of India as well as to organize national level tournaments.

Inclusion Of Kabaddi In Curriculum

In 1961, the Indian University Sports Control Board (IUSCB) included the game of kabaddi in its curriculum, as a prime sports discipline for the students. This raised the status of kabaddi as a game in India, further. Thereafter, the game was introduced as one of the important games in the school by the School Games Federation of India (SGFI) in 1962. This decision played the pivotal role in urging the school going children to participate in state and national level competitions for the game, organized by the SGFI. Another development in the history of kabaddi in India took shape in 1971, when the National Institute of Sports (NIS) included Kabaddi in the curriculum of Regular Diploma courses.

The Present Day Scenario

The popularity of kabaddi has increased over the passing years, from being a popular game in the rural India to a sport recognized at the national level. A number of championships, both at the national and international level, have been organized for kabaddi, wherein the Indian national kabaddi team has delivered remarkable performances. The introduction of Federation Cup Kabaddi matches in India in 1981 is a milestone in the history of kabaddi in India. India touched another milestone in 2004, when she hosted the first ever Kabaddi World Cup, in Mumbai. The country won the World Cup, as well. She has produced a number of talented Kabaddi players, so far, who have earned international recognition and brought laurels to the country.

So, the origin of kabaddi poses infinite changes in the history of Indian scenario and the popularity of this game is a rural indigenous origin draw charms and identity for great performance about mix blend of human strength, sound mind, concrete spirit, decision making ability and in the last human satisfaction.

Types of Kabaddi

Circle Kabaddi is a mainly the game which requires athleticism, skill, speed, stamina, and agility. It has the capacity to become a popular sport of the Asian continent and all the other continents of the world. The days are not very far, when Asian – circle style Kabaddi will be part and Parcel of the Asian games – a quadrennial sports Extravaganza held in different countries of this Continent.

In addition , circle style Kabaddi is very popular in England, Canada, USA, South Korea, Japan, U.K, Nepal, Pakistan and other countries of the world. Asian circle style Kabaddi has planned to start its place in European countries as well as in Iran and Afghanistan. However, at places body styles of this indigenous game, which does not cost any amount, rather it is cheaper game of masses throughout the world especially in villages.

So, play and let the others to play Circle Kabaddi for peace and develop. Further, Circle Kabaddi is the most popular indigenous sport of India as well as Asia and North America. It is an out door game which requires no playing equipment. Due to easy to comprehend rules, thrill and excitement provided throughout the game of Circle Kabaddi which is played in every nook and corner of the country. At present, the game has gained popularity in most of the countries of the Asian Continent and has recently spread to Europe, U.S.A., Canada, Australia and no doubt throughout Asia for mother origin.

Circle Kabaddi having its own more number of clubs than any other sport in India. In Maharashtra, Punjab, Haryana, Delhi, J & K, Tamil Nadu themselves there are more than

1000 clubs. Regular inter club tournaments take place and attractive cash prizes are awarded in the big tournaments. The excitement and thrill provided by the circle kabaddi game has made it very popular and circle kabaddi is rightly called as “The Game of the Masses” since spectators totally involve themselves.

This is probably the only combative sport in which offence is a “Man to Man” attempt, while defense is a group effort. This calls tremendous fitness of body, mind and ability to invent to develop defensive responses of an individual against groups (Stopper) attack and a stopper response to “MAN to MAN” attack. This is the only combative sport in which offence is an individual effort where as defense is a group effort. No wonder the spectators get lot of thrill, the game is kept up from the very first to last minute.

This indigenous and national game of India has long history and popularity which further needs support for its development all over the world. We can take the examples of countries like –Japan, South Korea, etc. who have successfully launched indigenous sports such as “Judo” and “Taekwondo” in the sports all over the world.

Kabaddi is basically a combative sport, with seven players on each side; played for a period of 40 minutes with a 5 minutes break (20-5-20). The core idea of the game is to score points by raiding into the opponent's court and touching as many defense players as possible without getting caught on a single breath. One player, chanting Kabaddi!!! Kabaddi!!!! Kabaddi!!!! Charges into the opponent court and try to touch the opponent closest to him, while the seven opponents make maneuvers to catch the attacker. This is Kabaddi, the match of one against seven, known as the game of struggle. The players on the defensive side are called "Antis" while the player of the offence is called the "Raider". The attack in Kabaddi is known as a "Raid". The antis touched by the raider during the attack are declared 'out' if they do not succeed in catching the raider before he returns to home court. These players can resume play only when their side scores points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent's raider.

The game of Kabaddi is played across the length and breadth of India. This popularity can be ascribed to the simplicity of the game and the fact that it requires no sophisticated equipment. Since Kabaddi is an Indian game, India has been at the forefront of promoting the game at the international stage. India played a pivotal role in laying down standard rules and procedures

for Kabaddi in the 1950s. The Indian Amateur Kabaddi Federation president Janardhan Singh Gehlot was instrumental in establishing the International Kabaddi Federation (IKF) in 2004 and he was elected the first president of IKF. India's efforts to popularize Kabaddi has paid rich dividends as the country has won all the Asian Games gold medals, since the game was introduced in the 1990 Beijing Games. Talking about the techniques of the game, there are two teams that occupy the opposite halves of a field. In turns, one team sends a 'raider' into the other half, in order to win points. The raider, who goes inside has to touch any one of the teammates from the other team and immediately run back to his line, without even once letting off his breath during the whole raid and chanting the word "kabaddi". On the other hand, the members of the other team have to grab the raider down before he reaches his line. So this is all about kabbadi, its history and origin. This is the oldest game which is played all over the country.

Thank you have a nice day