

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.: 35

Lecture Name:

Kabaddi – II

GLOSSARY

1. **Cant:** The continuous clear sounding recitation aloud of the approved word 'Kabaddi' within the course of one respiration shall be called cant.
2. **Raider:** One who enters the court of the opponent with the cant is known as a raider. The raider must begin his cant before he touches the opponent's court.
3. **Raid-** When the raider enters the court of the opponent with cant, it is known as a raid.
4. **Invincible:** Too Powerful to be defeated or overcome.
5. **Revival:** An improvement in the condition, strength of someone