

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

Summary

Kabaddi is an inexpensive game which needs a small playing area and no equipment is required. Kabaddi requires tremendous physical stamina, agility, individual proficiency, quick reflexes, intelligence and presence of mind on the part of both attackers and defenders. Kabaddi is aptly known as the "GAME OF THE MASSES "due to its popularity, simplicity, easy to comprehend rules, and public appeal.