

## **Glossary:**

**Thang-ta:** Thang-ta is a combative form of armed martial art of the Meiteis of Manipur performed using either thang, the sword or ta, the spear.

**Mukna:** Mukna is an indigenous form of wrestling of the Meiteis of Manipur with local features very different from the international form of wrestling.

**Sarit Sarat:** Sarit Sarat is another unarmed form of combative martial art of the Meiteis of Manipur. Sarit refers to the technique of evading the attacker and Sarat refers to the offensive move of harming the attacker. In this art defence itself works as effectively as offence.

**Huiyen Lalong:** Huiyen Lalong is the art of warfare, a bigger scheme of war and weaponry, of the Meiteis of Manipur.

**Karthong Lamlen:** An old manuscript written in archaic Meitei language which tells the story of how the lord Pakhangba came down from Yimchao, an abode in the sky, to Hamchin, an abode inside the earth holding two deadly swords in left and right hands shaking all living creatures with fear.