

FAQs:

Q1. How many forms of Ta khousaba are commonly practiced?

Ans: There are nine forms of Ta khousaba which are commonly practiced.

Q2. Why some forms of Ta khousaba are in the name of some ethnic communities?

Ans: Because, the Meitei royal court in consultation with Thang-ta masters designed some forms of Ta-khousaba and assigned the respective communities of the given ethnic names to practice it.

Q3. How does Ta khousaba exercise help in maintaining the body?

Ans: It helps develop poise, strengthens lower extremities of the body to secure balance, develop control, agility, and a sturdy body.

Q4. Which is the ancient form of movement from which Ta khousaba was born?

Ans: The ancient form of movement from which Ta khousaba came to be born is Thengou.

Q.5 Name the king who designed forms of Ta khousaba in consultation with masters and assigned the ethnic communities in Manipur to practice it.

Ans: It was the king Khagemba (1597-1652) who designed forms of Ta khousaba and assigned the ethnic communities in Manipur to practice it.