

Glossary:

Agility: Ability of the body move quickly and easily in an efficient and effective manner.

Psychophysical: Movement or an exercise which is characteristic of closely engaging the performer's mind and body, or his perception and performance.

Chung: Chung is the buckler the Ta khousaba performer holds in his left hand.

Maram nungsetpa khousaba: A form of Ta khousaba dedicated to the Maram ethnic community of Manipur.

Kabui khousaba: A form of Ta khousaba dedicated to the Kabui ethnic community of Manipur.

Tangkhul khousaba: A form of Ta khousaba dedicated to the Tangkhul ethnic community of Manipur.

Meitei khousaba: A form of Ta khousaba dedicated to the Meitei ethnic community of Manipur.