



## **PHYSICAL EDUCATION**

**B. P. Ed. 3<sup>rd</sup> Year**

**PAPER NO. : Practical (III)**

**TOPIC NO. 1**  
**Indigenous Games**

**Lecture – 209**  
**Ta Khousaba**  
**(Spear play)**

### **Introduction:**

Dear students today we take up Ta Khousaba. Ta khousaba literally means spear play. It is a form of exercise done by the player using a Ta (spear) in his right hand and a chung (buckler) in his left hand. The whole exercise moves along a preset structure of movement which has an underlying dramatic subtext for each movement. It is psychophysical in character and it aims at developing not simply skill but also a keen sense understanding the opponent and his moves. It helps develop poise, strengthen lower extremities of the body to secure balance, develop control, agility and a sturdy body.

### **Historical background:**

This form of spear play has been in practice as a way of training and exercise over a long historical period of time. Historians say that during the reign of king Khagemba (1597-1652) the king in consultation with the masters of his time called up all brave men of his time and were taught different forms of sword and spear exercises adapted from the more ancient forms of movement practice called Thengourol. Minor nationalities were also assigned to practice forms of Ta khousarol designed for each of them. For example, Maram khousa was meant for the Maram nationality or tribe. Tangkhul khousa for the Tangkhuls, and Kabui khousa for the Kabuis. These forms of Ta khousarol are still in practice.

### **Preliminary exercises:**

There are many sets of preliminary exercise forms which an artiste has to practice before and also after becoming a professional in Thang-ta to keep him always physically and mentally fit. These include exercises for gaining strength, endurance, and also stretching exercise, breathing exercise, balancing exercise, etc. In this context we may now take up an exercise form specific for Ta khousaba.

This exercise strengthens the muscles of calf, waist, thighs, hips, and trunk. It also improves agility and body balance.

First, the student stands erect, then bend left elbow clenched and place right hand clenched near the left chest.

Second, he takes a jump with left heel striking the left buttock. The left leg falls on the surface with toes thrusting forward. The left hand stretches out downwards in parallel with the left leg.

Third, he takes a jump with the right heel striking the right buttock. The right leg falls on the surface with toes thrusting forward. The right hand stretches out downwards in parallel with the right leg.

The first and second exercises are done in quick succession.

### **Kinds of Ta Khousaba:**

There are some principal forms of Ta khousaba are recognised in the traditional martial arts system of Manipur. They are

1. Maram nungsetpa khousaba
2. Maram achouba khousaba
3. Maram macha khousaba
4. Kabui khousaba
5. Tangkhul khousaba
6. Meitei khousaba
7. Athou khousaba
8. Atan khousaba
9. Thel khousaba

Now, we take up Meitei khousaba.

### **Structure of sequences:**

Ta khousaba has many essential sequences which are preset and inviolable. They are

1. Salami  
It is a formal salutation showing respect to the viewers.
2. Hotpa  
It gestures scratching the ground like a wild animal.
3. Setpa  
Legs are set apart down from the knee midair while jumping up.
4. Sou-kaiba  
Gesturing removal of pointed bamboo stakes planted on the ground by the enemy.
5. Lan yengba  
Looking for enemy by jumping up.
6. Lan-koiba  
Movement showing encircling of the enemy.
7. Sha thatpa  
Blocking the enemy or a wild animal from running away.
8. Sha thinba  
Thrusting the animal or an enemy.
9. Aroiba salami  
Final salutation

We have mention some kinds of Ta khousaba. Apart from these nine kinds of Ta khousaba there are also other forms of Ta khousaba which are meant for rare ritualistic occasions.

These are preserved as something very sacred and not allowed to be performed except on some specific occasions.

**Conclusion:**

Ta khousaba is a traditional form of martial art which is time tested and scientific. It is psychophysical in character where body and mind coordination is required. It helps develop poise, strengthen lower extremities of the body to secure balance, develop control, agility and a sturdy body.