

### **Summary:**

Ta as we have mentioned in the first module means the spear in Manipuri language. Khousaba literally means a formalised or established form of playing with the spear. Therefore, Ta khousaba means spear play. 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 intervening period of the sixteenth and seventeenth centuries the king Khagemba (1597-1652) in consultation with the Thang-ta masters of his time called up all the brave men of his time and were taught different forms of spear plays developed from more ancient forms of movement called Thengou. The king also designed different form of Ta khousaba and assigned smaller ethnic communities to practice it. The names of these *khousaba* were given in their own ethnic names like, *Maram nungsetpa khousaba*, *Maram achouba khousaba*, *Maram macha khousaba*, *Kabui khousaba*, and *Tangkhul khousaba*. Altogether there are nine forms khousaba with variation including the *Meitei khousaba*. Apart from these nine forms of *khousaba* there are also other forms which are specifically associated with rituals.

The whole exercise of Ta khousaba moves along a preset structure of movement which has an underlying dramatic subtext for each sequence of movement. It is psychophysical in character and it aims at developing not simply skill but also a keen sense of understanding the opponent and his moves. Ta khousaba helps develop poise, strengthen lower extremities of the body to secure balance, develop control, agility and a sturdy body.