



Martial Art Final

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MARTIAL ART

Martial arts are traditional combat systems practiced for various purposes such as physical, mental, spiritual growth and self defence.

Huyen Langlon (Manipur)



- ↳ **Meaning:** Huyen (War) Langlon (Knowledge)
- ↳ **Components:** Thang-Ta (Armed Combat) and Sarit Sarak (Unarmed Fighting)
- ↳ **Weapons:** Thang (Sword) and Ta (Spear)

Lathi Khela (West Bengal)



- ↳ **Lathial:** Practitioner of Lathi Khela
- ↳ **Weapon:** Lathi (One of the world's oldest weapons)

Gatka (Punjab)



- ↳ Toned-down version of the deadlier **Shastar Vidya**.
 - ↳ Sharp swords (Shastar Vidya) replaced by Wooden Sticks and Shield (Gataka)
- ↳ **Role of Sikh Gurus:** 6th Sikh Guru Hargobind adopted it through 'Kirpan' for Self-Defense.
 - ↳ 10th Guru Gobind Singh made it compulsory for everyone
- ↳ **Weapons:** Sword and Sticks
- ↳ **Establishment of Gatka Federation of India:** 2018

Kalaripayattu (Kerala)



- ↳ **Feature:** This art form includes mock duels (armed and unarmed combat) and physical exercises.
 - ↳ Focuses on footwork
- ↳ **Kalari (Battlefield):** Place where this martial art is practiced
- ↳ **Weapon:** Strikes, Kicks

Mallakhamb (Madhya Pradesh & Maharashtra)



- ↳ **Feature:** A gymnast performs aerial yoga with a vertical wooden pole
- ↳ **Meaning:** Malla (Wrestler) Khamb (Pole)
- ↳ **Origin:** Indian subcontinent

Silambam (Tamil Nadu)



- ↳ Allows the use of a broad range of weapons
 - ↳ **Feature:** Incorporates tactics of animal motions (snake, tiger, and eagle)
 - ↳ **Created By:** Lord Muruga [Son of Lord Shiva (Kartekeya) and Sage Agasthya]
 - ↳ **Spread:** Tamil Nadu to Malaysia

Kathi Samu (Andhra Pradesh)



- ↳ **Weapons:** Various kinds of Swords
- ↳ **Garidi:** Location where Kathi Samu is performed
- ↳ **Stick Fight (Vairi):** Plays a significant part as a precursor to the real sword fight.

Paika Akhadha (Odisha)



- ↳ **Meaning:** Warrior School
- ↳ **Physical Activity:** Rhythmic gestures and weapons swung on the beat of the drum.

Pari Khanda (Bihar)



- ↳ This martial art forms the basis of Chhau dance (UNESCO's Intangible Cultural Heritage of Humanity)
 - ↳ **Meaning:** Pari (Shield) Khanda (Sword)
 - ↳ **Created By:** Rajput
 - ↳ **Weapons:** Sword and Shield

Thoda (Himachal Pradesh)



- ↳ Mixture of martial art, sport and culture
 - ↳ **Focus:** Skill of archery
 - ↳ **Performed on:** Baisakhi (13th and 14th April)
 - ↳ **Weapons:** Bows and Arrows
 - ↳ **Included Teams:** Pashis (Pandavas) Saathis (Kauravas)

NOTE

- ↳ Various **Indian martial arts** are now part of the routine training of regiments of the Army.
- ↳ The **Ministry of Youth Affairs and Sports** inducted 4 indigenous martial art forms- **Kalaripayattu, Mallakhamb, Gatka** and **Thang-ta** into the **Khelo India Youth Games (KIYG)**.

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