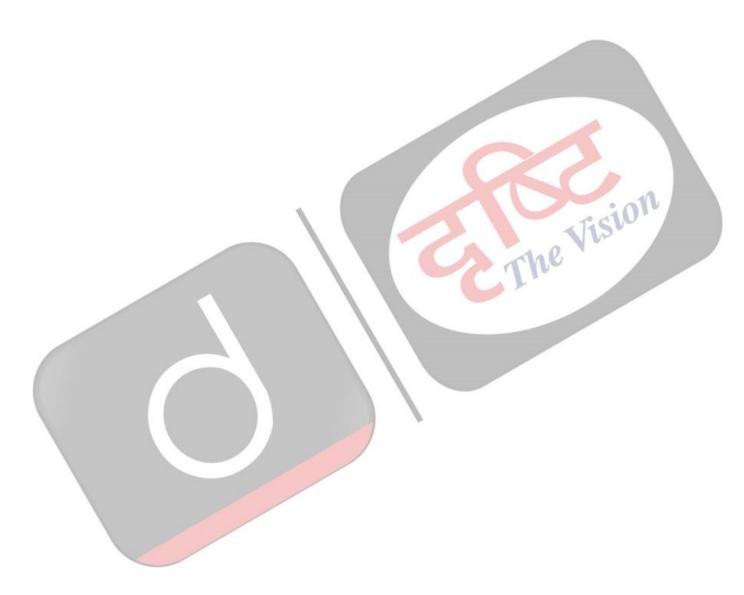


# **Martial Art Final**

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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)**

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

### Lathi Khela (West Bengal)

- (9) Lathial: Practitioner of Lathi Khela
- (9) 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)
- (b) Role of Sikh Gurus: 6<sup>th</sup> Sikh Guru Hargobind adopted it through 'Kirpan' for Self-Defense.
  - 3 10th Guru Gobind Singh made it compulsory for everyone
- (9) Weapons: Sword and Sticks
- Establishment of Gatka Federation of India: 2018

#### Kalaripayattu (Kerala)

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

## Mallakhamb

# (Madhya Pradesh & Maharashtra)

- Feature: A gymnast performs aerial yoga with a vertical wooden pole
- (Pole) Meaning: Malla (Wrestler) Khamb (Pole)
- (9) 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)
  - (Shiva (Kartekeya) and Sage Agasthya)
  - (3) Spread: Tamil Nadu to Malaysia

### Kathi Samu (Andhra Pradesh)

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

#### Paika Akhadha (Odisha)

- (9) Meaning: Warrior School
- Physical Activity: Rhythmic gestures and weapons swung on the beat of the drum.

#### Pari Khanda (Bihar)

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

#### Thoda (Himachal Pradesh)

- (9) Mixture of martial art, sport and culture
  - Tocus: Skill of archery
  - Performed on: Baisakhi (13th and 14th April)
  - (A) Weapons: Bows and Arrows
  - (Pandavas) (Pandavas) (Pandavas)

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).







