



## Kalaripayattu

Haryana youth made significant strides in embracing [Kalaripayattu](#), securing the second position, just after Kerala at the [Khelo India Youth Games 2023](#).

- Kalaripayattu (Kalaripayattu) meaning '**Battleground**' or '**Gymnasium**'- (**Kalari**), '**Method**' or '**Art**' - (**Payattu**), also known as Kalari, is an Indian martial art that originated in **Kerala during the 3<sup>rd</sup> century BC to the 2<sup>nd</sup> century AD**. It is now practised in Kerala and in some parts of Tamil Nadu.
  - It is considered one of the **oldest and most scientific martial arts** in the world, with a history spanning over 3,000 years.
- Kalaripayattu, **a personal combat training system** includes exercises to develop sharp reflexes for unarmed combat and skilful fighting using sticks, daggers, knives, spears, swords, shields, etc.



**Read more:** [6th Edition of Khelo India Youth Games](#), [Martial Art Forms in India](#)

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