



KABADDI

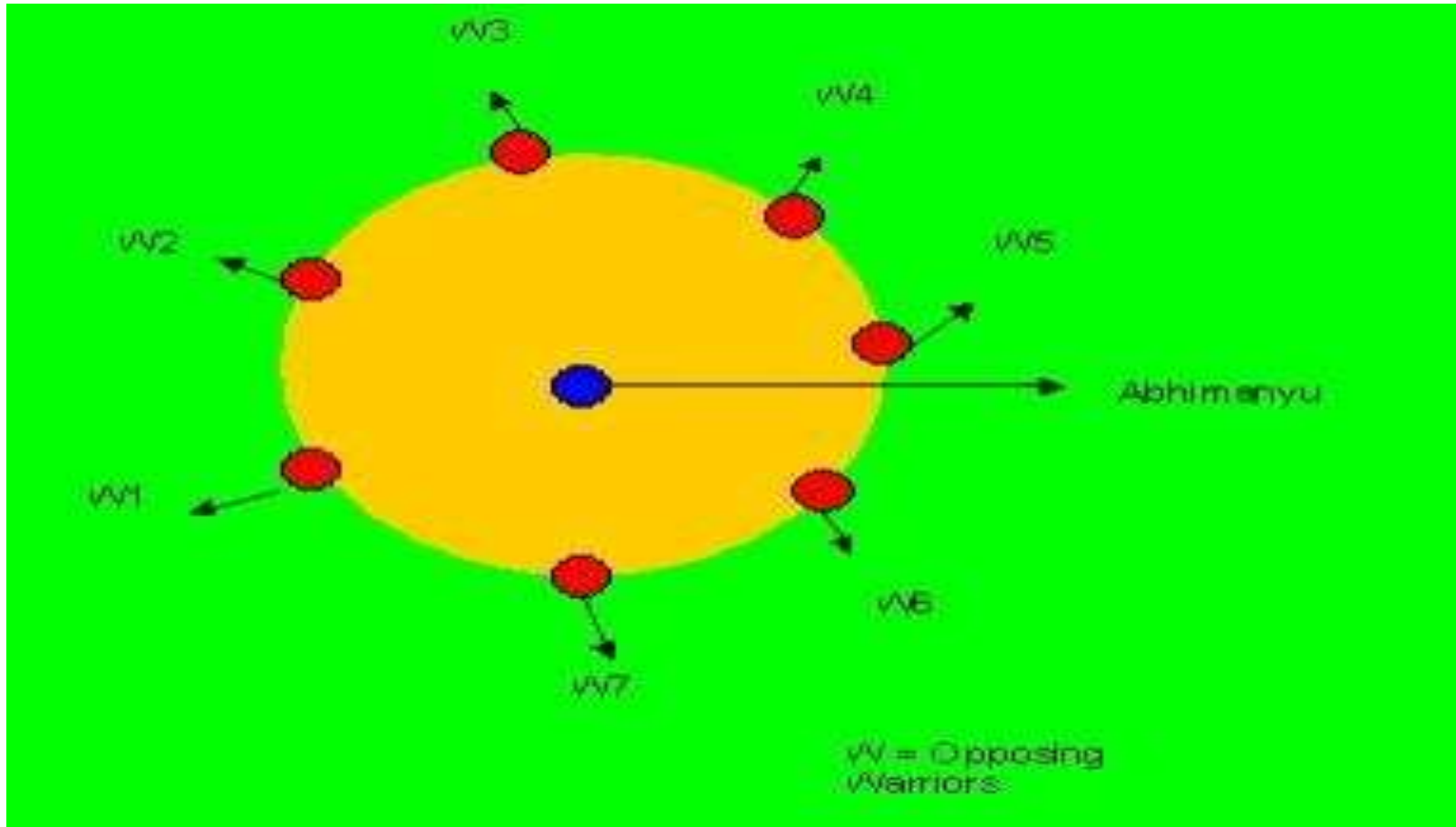
Dr. Hoshiyar Singh
Associate Professor
J.S.P. G. College, Sikandrabad -203205
Bulandshahr (U.P.)

LECTURE-4: B.A. I, II & III (Course code: 785; 885; 985)

KABADDI

- The game of kabaddi is in existence for over 4000 years.
- The game might have developed during prehistoric times when man was forced to defend himself from sudden attacks from ferocious beasts. They used to form groups of individuals and attack the animal.
- It is a game played throughout Asia with very minor changes and totally new to the other parts of the world.
- Kabaddi is an outdoor team sport. It requires stamina, both mental and physical skills, extraordinary reflexes and exceptional eye-hand-leg coordination.
- In a very short time that the game is played – normally 40 minutes with a break of 5 or 10 minutes in the middle – it exercises your whole body.

ORIGIN



There is also another school of thought, more particularly, in India, which believes that the game might have emerged from the battle of “Kurukshetra”.

KURUKSHETRA

- “Kurukshetra”, a very absorbing episode exceptionally told in one of the famous Indian epics, “Mahabharatha”.
- It is in this historic battlefield, Lord Krishna, acting as a charioteer to Arjuna gave to this world one of the best magnum opus ever, “The Bhagavat Gita”.
- In that particular episode, Arjuna’s son, Abhimanyu who ran out of archery supplies was engaged in a fierce battle with a set of 7 fighters. They skillfully defended themselves by instituting a difficult blockade called “Chakravyuha” (It resembles a chariot wheel).
- He successfully assaulted the warriors and broke the blockade. (However, Abhimanyu was killed in the end). The important point is that he had broken the blockade.
- The game of Kabaddi is believed to have developed from this episode of the Epic Mahabharatha. A raider (Abhimanyu) raids the 7 warriors (the opposing team) in their courtyard! This is the basis of “Kabaddi” !

KABADDI – REQUIREMENTS

Prologue:

- Kabaddi is a very inexpensive game. It does not even require huge court area, as in, hockey, football, golf, cricket etc.
- Other than human body, no other gadgets, in the form of bat or ball or gloves or stumps and, or, nets is required to play the game.
- This game is extremely popular in the villages and small towns in India. With very minor changes, Kabaddi is played throughout Asia.
- The game is physically demanding. Kabaddi is quite new to the other parts of the world.

KABADDI – REQUIREMENTS

Teams:

- Though each team can have a total of 12 players, only 7 are allowed into the playing arena. The balance 5 players will sit out. During the course of the play, only the 'leader' of the team can speak to his players. No other player is allowed to instruct, command, share or generally speak to any other player.

Play Duration:

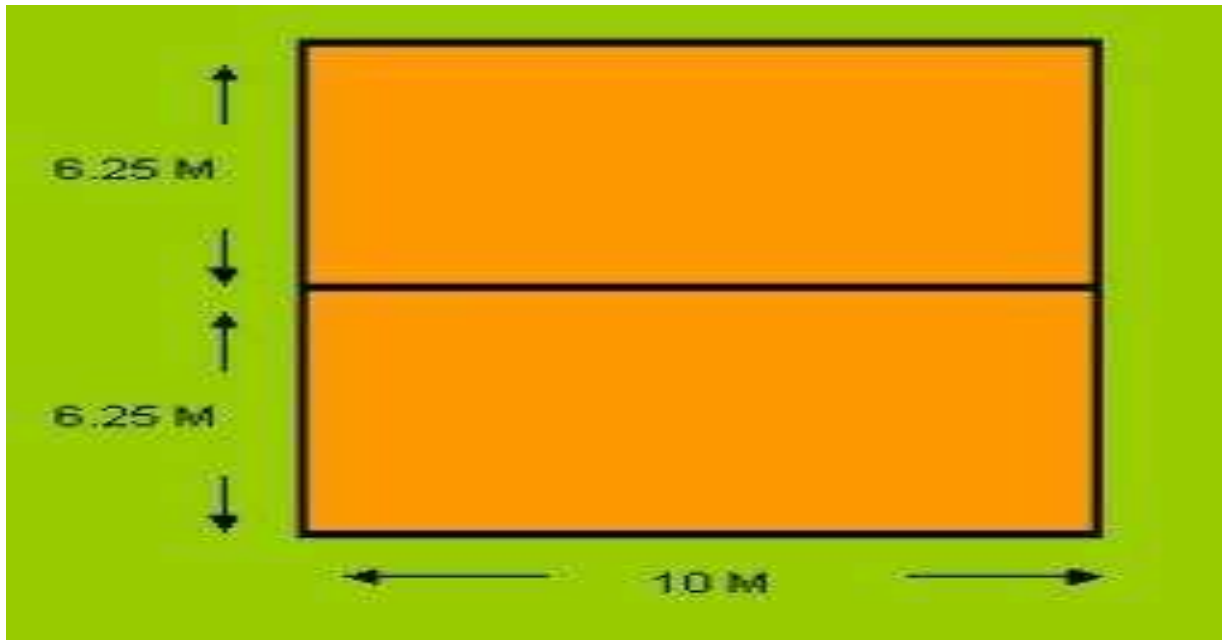
- There shall be two halves of 20 minutes duration. In the case of ladies or children's kabaddi, there shall be two halves of 15 minutes duration each. Once the first half is over, the teams are entitled to a rest of 5 minutes.

The Winner:

- The team that scores the most points when the game ends, is declared the winner. In the event of a 'Tie' there shall be two 5 minutes duration of play. Even after $(20+20+5+5)$ 50 minutes of play, if still there is a tie, the team that scored first shall be declared the winner.

THE COURT

- The Kabaddi court measures $12.5 * 10$ meters with a dividing line in between making it into identical halves denoting 2 teams' actual playing area.



- Normally the game is played outdoors and the entire court is dug at least 1 foot deep. They remove the mud and fill it with nice river or beach sand. This ensures that the player is not seriously injured if he falls or dragged by opponents.

KABADDI

HOW TO PLAY THE GAME ?

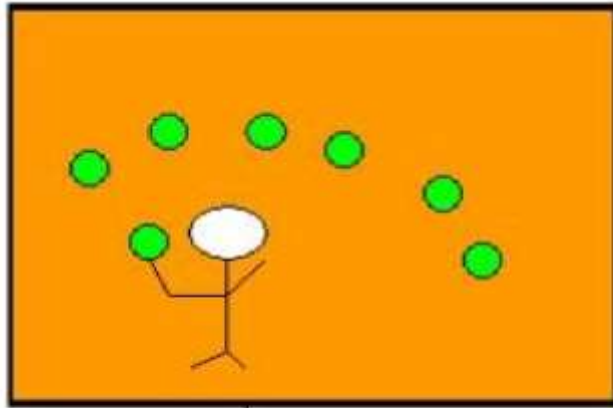
Team Game:

- Kabaddi is a team game.
- Two teams, each having 7 in court players, compete with each other to get higher scores.
- Individual brilliance is exhibited when a player raids the opponent's court. The team spirit, the team togetherness and team strategy comes into play when an opponent raider enters your court.
- The most important player requirement is stamina and lung power. You should be able to keep your breathe for a long time without any break in between.

WHAT IS A RAID?

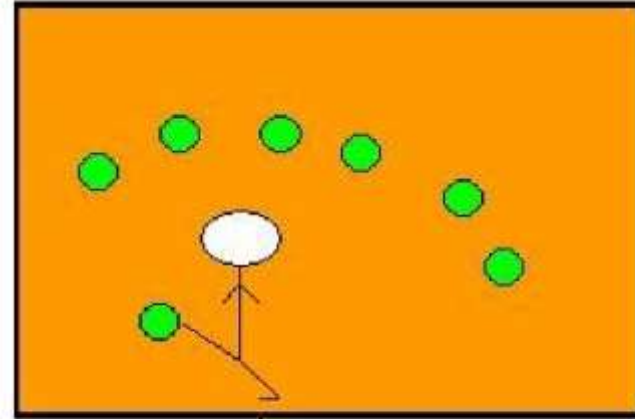
- From your team you have to send, one player to the other teams court to raid. The raider starts from the centerline uttering aloud, “Kabaddi, Kabaddi, Kabaddi...” without any break.
- He would be actually running from one side to the other side of the opponent’s court trying to touch either with his hand or leg an opponent.
- Once he touches an opponent, he will, without breaking the “Kabaddi, Kabaddi...” rhythm come back to his court through the centerline.
- The people he had touched are his teams point scored. If he had touched one player, it is 1 point and if he had touched 3 players, it is 3 points to your team.

WHAT IS A RAID?



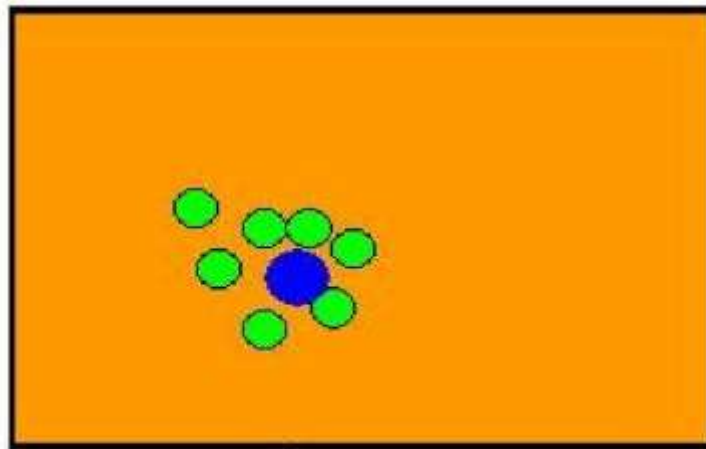
Raider touches by hand an opposing player

Center Line



Raider touches by his leg an opposing player

Center Line



Raider is caught by one man and all others join him in not allowing the raider to leave the court chanting. Once the chant stops, he is out.

Center Line

WHAT IS A RAID?

Defending and holding the raider:

- The objective of your opponent, when your player is raiding them is different.
- They, as a team, would like to thwart the raider's effort to score by touching any member of the opponent's team and devise ways to trap and catch him without allowing him to get back to the center line and thence to his court.
- If the raider is caught and loses his chanting breath "... Kabaddi, Kabaddi, Ka..." he is considered out.

Lona:

- If your team, because of its excellent efforts, makes all the players of your opponent out, your team is entitled to get 2 points as a bonus. This is known as "Lona".

KABADDI – VARIOUS VERSIONS

- Kabaddi is known as “Chedugudu” or “Hu Tu Tu” in Southern India. In the Eastern India, it is known as “Chu-Kit-Kit” (Ladies Version) and “Hadudu” (Gents version). In the northern parts of India, it is known as “Kabaddi”.
- In other Asian countries it has other names! In Malaysia it is called “Chedigudu”. In Thailand it is known as “Teechub”. In India’s neighboring countries like Pakistan it is called “Kabaddi”, in Sri Lanka it is known as “Gudu” and in Nepal it is called “Dodo”. All these are essentially the same old Kabaddi but with very minor changes according to the local whims.
- Kabaddi is also played on a fixed time basis. There are many variants of which the following are important:
 - Surjeevani
 - Gaminee
 - Amar

KABADDI – VARIOUS VERSIONS

Surjeevani Kabaddi:

- Suppose a player M from Team A during his raid touches player P from Team B, player P is out and he has to go out of the court and sit out. During the return raid, Team B's player L touches player N of Team A, player N is out and he will go out of the court and sit out. However, this has revived player P of Team A, who will take the court! Reviving an “out” player is the gist of Surjeevani type of Kabaddi.

Gaminee Kabaddi:

- Unlike “Surjeevani” in this version of Kabaddi, there is no revival. When all the 7 players of a team are out, the game comes to an end. No time frame. All the players of a team should be out.

Amar Kabaddi:

- Player 7, a raider from Team A raids the court of Team B and in the bargain touches the back of player 2 of Team B. Team A gets a point, but player 2 of Team B remains in court. One point for each touch is awarded and the team, which gets maximum points by the end of the stipulated time, is considered the winner.

KABADDI - WORLD CUP

So far India is the unbeaten champion in Kabaddi World Cup.

Year	India's Position	Last Match played by India	Winner	Runner-up
2010	Winner	Pakistan (Final match) 58 - 24	India	Pakistan
2007	Winner	Iran (Final match) 29 - 19	India	Iran
2004	Winner	Iran (Final match) 55 - 27	India	Iran

National members of International Kabaddi Federation

ASIA

Afghanistan,
Bangladesh,
Bhutan,
Cambodia,
Chinese Taipei,
India, Indonesia,
Iran, Japan,
Kyrgyzstan,
Malaysia,
Maldives, Nepal,
Oman, Pakistan,
South Korea, Sri Lanka,
Turkmenistan,
West Indies

EUROPE

Australia, France,
Great Britain, Italy,
Norway, Spain,
Sweden

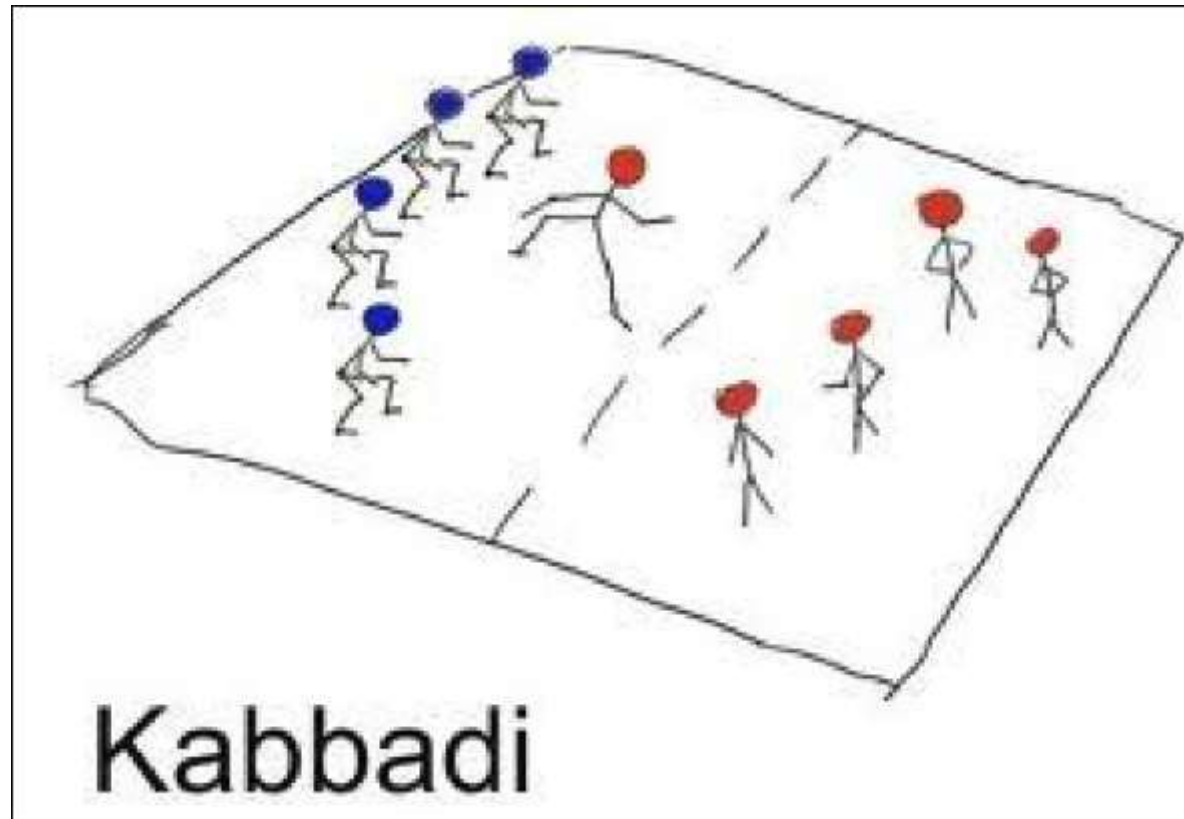
OCEANIA

Australia

PAN AMERICA

Canada
United States
West Indies





Enjoy the GAME !!