

Gongfuball Presentation



Kabaddi



Kabaddi is a game that finds its origins in India. The sport is also popular in Nepal, Bangladesh, Canada, Sri Lanka, Japan, Britain and Pakistan.

Theories on Origen

The sport has a long history dating back to pre-historic times. It was probably invented to ward off croup attacks by individuals and vice-versa. It may also have been a method of training how to defend in groups against animals or to attack weaker animals.

The game was very popular in the southern part of Asia played in its different forms under different names. The game is known by many names, all of Tamil origin: Kabaddi, Sadugudu, Gudugudu, Palinjadugudu and Sadugoodatthi. The word 'Kabaddi' could have originated from the Tamil words 'kai' (hand) and 'pidi' (catch).

A dramatized version of the great Indian epic, the "Mahabharata". has made an analogy of the game to a tight situation faced by Abhimaneu, the heir of ' the Pandava kings when he is surrounded on all sides by the enemy. The theory states that the sport is actually inspired by the way Abhimaneu tried to break the Kaurava formation (Chakravyuha) but failed.

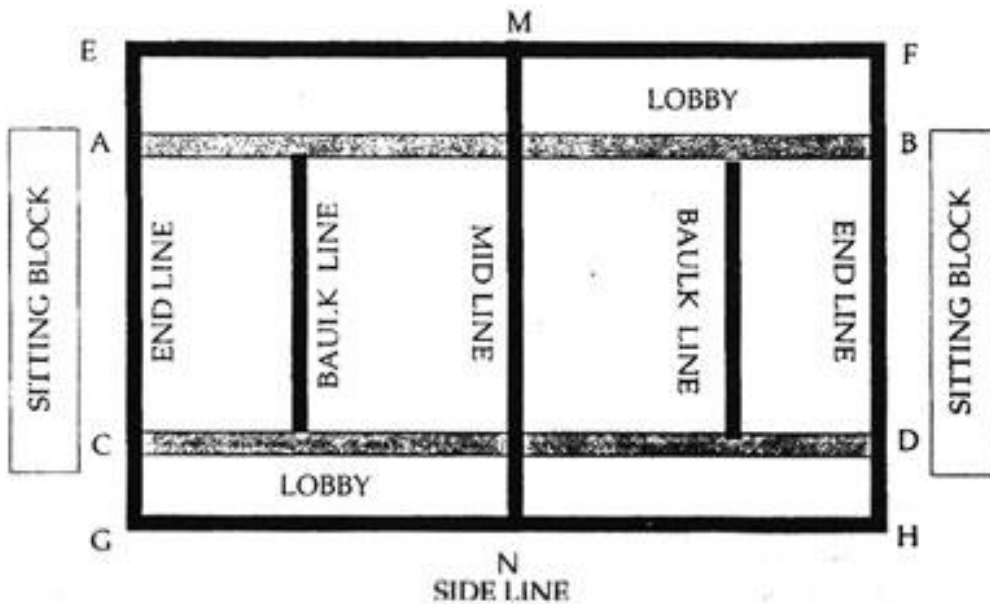
Buddhist literature speaks of the Gautam Buddha playing Kabaddi for recreation. History also reveals that princes of yore played Kabaddi to display their strength and win their brides!

The game, known as Hu-Tu-Tu in Western India, Ha-Do-Do in Eastern India & Bangladesh, Chedugudu in Southern India and Kaunbada in Northern India, has undergone a sea change through the ages. Modern Kabaddi is a synthesis of the game played in its various forms under different names.

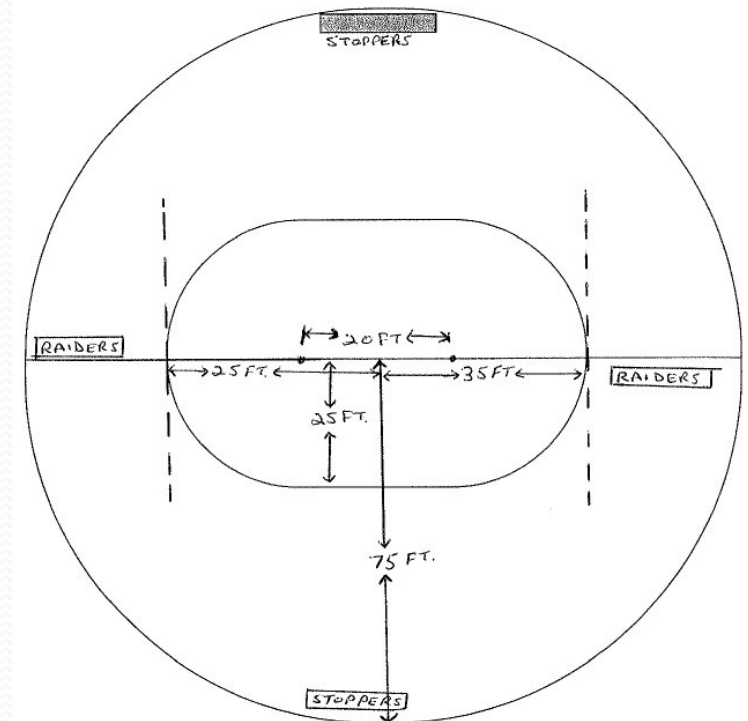
Gameplay

- In the team, or transnational, style of kabaddi, two teams of seven members each occupy opposite halves of a field of 12.5m × 10m (roughly half the size of a basketball court). Each has five supplementary players held in reserve. The game is in 20-minute halves, with a five-minute half-time break during which the teams switch sides.
- Teams take turns sending a "raider" to the opposite team's half, where the goal is to tag or wrestle ("confine") members of the opposite team before returning to the home half. Tagged members are "out" and sent off the field.
- Meanwhile, defenders must form a chain, for example, by linking hands; if the chain is broken, a member of the defending team is sent off. The goal of the defenders is to stop the raider returning to the home side before taking a breath. If the raider takes a breath before returning, the raider is sent off the field.
- A player can also get out by going over a boundary line or part of the body touches the ground outside the boundary, except during a struggle with an opposing team member.
- Each time a player is out the opposing team earns a point. A team scores a bonus of two points, called a *lona*, if the entire opposing team is declared out. At the end of the game, the team with the most points wins.
- Matches are staged on age and weight. Six officials supervise a match: one referee, two umpires, a scorer and two assistant scorers

Playing Fields



SKETCH OF THE KABADDI GROUND



75 Ft. Circle from the Mid Point

Three Main Forms

- Surjeevani
 - Gaminee
 - Amar
- **Surjeevani**- is played under the Kabaddi Federation of India, governed by its rules. In Surjeevani Kabaddi, one player is revived against one player of the opposite team who is out, one out, one in.
 - The duration, the number of players, dimensions of the court, etc. have been fixed by the Kabaddi Federation of India. This form of Kabaddi is the closest to the present game. In this form of Kabaddi, players are put out and revived and the game lasts 40 minutes with a 5-minute break in between.
 - There are nine players on each side. The team that puts out all the players on the opponent's side scores four extra points for a 'Iona'. The winning team is the one that scores most points after 40 minutes.
 - The field is bigger in this form of Kabaddi and the 'cant' different in various regions. Modern Kabaddi resembles this form of Kabaddi especially with regard to 'out & revival system' and 'Iona'. The present form of Kabaddi is a synthesis of all these forms with changes in the rules. “Wikipedia Kabaddi”

Three Main Forms Continued

- **Gaminee**-This is played with nine players on either side, in a field of no specific measurements.
- The characteristic is that a player put out has to remain out until all his team members are out. The team that is successful in putting out all the players of the opponent's side secures a point. This is akin to the present system of 'Iona'. After all the players are put out, the team is revived and the game continues. The game continues until five or seven 'Iona' are secured.
- The game has no fixed time. The main disadvantage of this form of Kabaddi is that the player is not in position to give his best performance since he is likely to remain out for the better part of the match until an Iona is scored. “Wikipedia Kabaddi”

Three Main Forms Continued

- **Amar**-In the 'Amar' form of Kabaddi, whenever any player is touched (out), he does not go out of the court, but stays inside, and one point is awarded to the team that touched him. This game is also played on a time basis, i.e the time is fixed. This form of kabaddi is played in Punjab, Canada, England, New Zealand, USA, Pakistan and Australia.
- In the Amar form of Kabaddi, each team consists of 5-6 stoppers and 4-5 raiders. At one time, only 4 stoppers are allowed to play on the field.
- Every time a stopper stops the raider from going back to his starting point, that stoppers team gets 1 point. on the other hand, every time the raider tags one of the stoppers and returns to his starting point, his team gets one point.
- At one time, only one of the stoppers can try to stop the raider. If more than one touch the raider, an automatic point is awarded to the raider's team. If the stopper is pushed out by the raider or vice versa, then the team whose member is still in the field gets a point.
- If both the raider and the stopper go out, the result is a common point, where nobody gets a point. The Amar form of kabaddi is also used by the World Kabaddi Federation (WKF) in its National, Beach and Circle Kabaddi competitions.

Skill Sets in Game

- Holding breath
- Raid
- Dodging
- Movement of hand and foot
- Formation
- Safe Raid
- Holding
- Kick
 - Side Kick
 - Front Kick
 - Round Kick
 - Sitting Kick
- Offensive Skills
- Starting a Raid
- Body Position during Raid
- Movements during Raid
- Penetration
- Touching with the hand
 - Vertical swing of arms
 - Horizontal swing of arms
- Defensive Skills
 - Wrist catch or Lock
 - Crocodile Hold
 - Over the shoulder catch
 - Ankle catch and lock
 - Elephant stance
 - Charging elephant
 - Sitting peacock
 - Smelly cow
- Taunting^[9]

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PAKISTAN PART 3--3



Kabaddi Organizations

- [International Kabaddi Federation](#)
- [Amature Kabaddi Federation of India](#)
- [All India Circle Kabaddi Federation](#)

Work Cited

- Kabaddi Game, <http://web.mit.edu/kabaddi/www/rules>
- **www.sportsclubbrurkee.com USA VS PAKISTAN PART 3—3 Youtube Video**
- **Kabaddi Wikipedia Page**
- **International Kabaddi Federation**
<http://www.kabaddiikf.com/>
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