

Class 9 - Physical Education and Well Being

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Indigenous Martial Arts and Sport

CBSE NOTES

Indigenous Martial Arts and Sport - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. Thang-Ta: Definition and Overview

Thang-Ta combines sword (thang) and spear (ta) martial arts from Manipur, focusing on breath and movement.

2. Key Skills in Thang-Ta

Skills like basic stance and footwork enhance technique. Singh Mudrā exemplifies proper posture.

3. Thang-Ta's Training Phases

Starts with weapon training, followed by Sarik Sarat using foot and hand techniques for self-defense.

4. History of Gatka

Gatka originated from Sikh teachings, incorporating wooden sticks (Soti) for self-defense training.

5. Gatka Techniques and Tools

Includes various weapons and equipment like dhaal, kripaan, and talwar, focusing on combat skills.

6. Spiritual Lessons in Gatka

Training emphasizes virtues like decision-making, respect for others, and resilience against evil.



7. Kalaripayattu Origins

This ancient martial art from Kerala dates back 3,000 years, rooted in Vedic traditions and animal movements.

8. Key Principles of Kalaripayattu

Focuses on balance, agility, and mental discipline; vital points (marma-sthānam) deepen students' body knowledge.

9. Kalaripayattu's Psychological Benefits

Aids in relieving stress and anxiety while promoting physical fitness and emotional stability.

10. Mallakhamb: Definition

A sport utilizing a pole (Khamb) to build strength and balance, originating from the term for 'wrestler.'

11. Cultural Significance of Mallakhamb

Historically linked to Gurukul training, it encourages focus, discipline, and integrates yoga with martial arts.



12. Revival of Mallakhamb

Revived in the 18th century; it now competes worldwide, showcasing India's cultural heritage in modern athletics.

13. Physical and Mental Benefits of Mallakhamb

Enhances muscular strength, flexibility, coordination, and mental focus while promoting self-control.

14. Evolution of Indigenous Martial Arts

These arts transformed over centuries, adapting to modern standards while preserving cultural heritage.

15. Role of Tradition in Martial Arts

Traditional practices maintain physicality in Indian culture, reinforcing values of discipline and respect.

16. Integration of Martial Arts in Education

Martial arts facilitate holistic education, emphasizing physical, mental, and emotional development in students.



17. Global Influence of Indian Martial Arts

These art forms have spread internationally, showcasing India's historical wisdom and athletic prowess.

18. Misconceptions about Indigenous Martial Arts

Many underestimate their scope, forgetting their importance in building character and physical health.

19. Importance of Discipline in Training

Discipline is essential in martial arts, fostering focus that translates to other life areas and academics.

20. Community and Cultural Identity

Indigenous martial arts are vital for communal bonding and cultural preservation within society.

21. Conclusion on Indigenous Martial Arts

Recognizing their historical and cultural significance aids students in understanding modern physical education.



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