



# MARTIAL ARTS OF INDIA

# Bodhidharma



- The Japanese and the Chinese trace the origins of their popular martial arts, karate and kung-fu, to India.
- According to Chinese texts and tradition, an Indian sage, Bodhidharma (5th or 6th century CE).
- He travelled from south India to north China and settled at the Shaolin Monastery in the Sung Mountain.
- There he meditated for nine years and imparted some early techniques of Indian martial arts to his follower monks.

## Mallayuddha

- ❑ Mallayuddha or wrestling was accorded the status of a respectable sport, pastime and method of warfare with a set of rules prescribed by the Mallas, a warrior clan mentioned in the Mahābhārata and the Buddhist texts.
- ❑ Mallayuddha enjoyed royal patronage and was one of the sixty-four arts that all could learn.
- ❑ So popular was wrestling that a treatise, Mallapurāṇa, which was probably composed in Gujarat.
- ❑ It listed various types and techniques of wrestling, besides giving detailed information on the arena, rules of engagement or the wrestlers' diet and training regime.





# THANG-TA MANIPUR MARTIAL ARTS

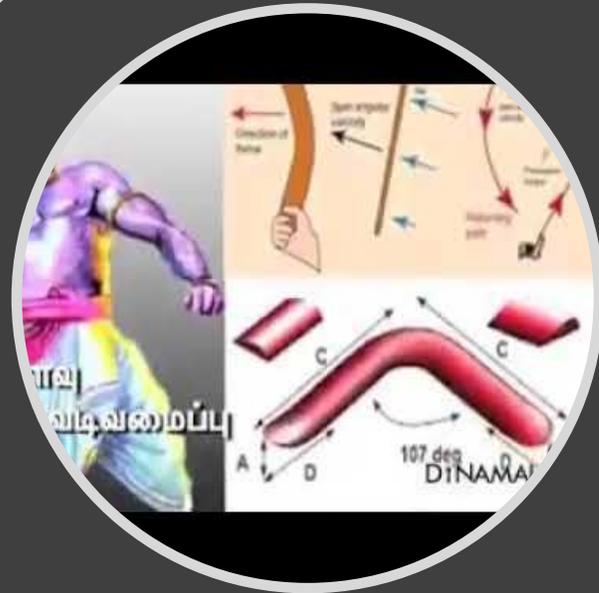
- The Meitis of Manipur practised a distinct martial technique called thang-ta, which remains a popular martial art in Manipur and in which a spear and a sword are the primary weapons.





# Stick Combat

- Lāthi khela
- Silambam
- Kurunṭāḍi
- Valari vīcu
- Gatkā

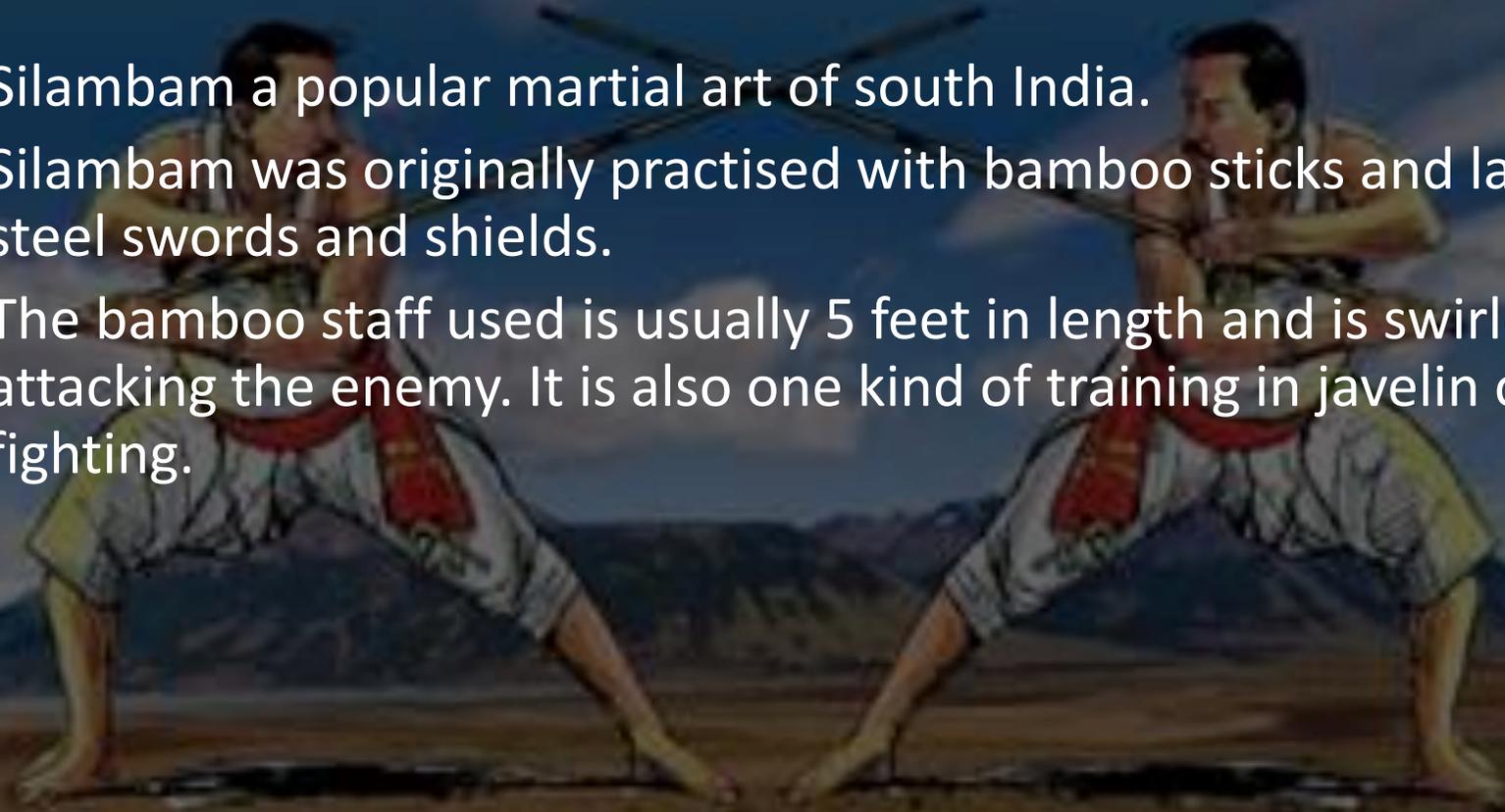


# Lāthi Khela

- Lāthi khela, stick play, is a very popular martial art, especially in north India. A polished stick typically six to eight feet long and at times metal-tipped is used to ward off the enemy through various wielding techniques.
- At one time very popular in the Bihar and Bengal (including what is now Bangladesh), the sport has seen a decline over the years.

# Silambam

- Silambam a popular martial art of south India.
- Silambam was originally practised with bamboo sticks and later with steel swords and shields.
- The bamboo staff used is usually 5 feet in length and is swirled while attacking the enemy. It is also one kind of training in javelin or spear fighting.



# Gatka

- Gatka is one of the most popular and ancient martial art in the region of Punjab.
- A wooden stick and a shield are usually used in the sparring match and points are scored when vital spots in the body are touched.
- Swords and shields are also used in gatka which is in fact a training in the professional use of swords.
- The Sikh Gurus, many of whom were proponents of martial training, encouraged the growth of various martial arts techniques.
- Guru Gobind Singh was an adept at martial arts and established the martial tradition among the Sikhs.



# Kalarippayattu

# Kalarippayattu

- Kalarippayattu is believed to be one of the oldest martial arts in existence and to have originated in Kerala, where it flourished.
- A kalar or 'gymnasium' is actually an underground training hall .
- Payattu means to fight, exercise or practise.
- Therefore, kalarippayattu means the combat that is practised inside the traditional gymnasium called kalar.
- In Kerala, three styles of kalarippayattu developed in different regions, the northern, southern and central styles, with distinct beliefs, practices and methods.

# FIVE STAGES OF KALARIPAYATTU



- The practice of kalarippayattu takes place in at least five stages.
- First Stage - The focus is on body fitness.
- Second Stage - The student is trained in stick combat.
- Third Stage - The student is taught how to handle weapons.
- Fourth Stage - A student is initiated into the fourth stage only after he has been tested and proved to be trustworthy; this stage consists of training in hand combat.
- Fifth Stage - Final stage of training involves Ayurvedic treatments for body and mind, techniques of marma (vital points) and therapeutic massages. The student learns how to treat injuries and diseases resulting from trauma.

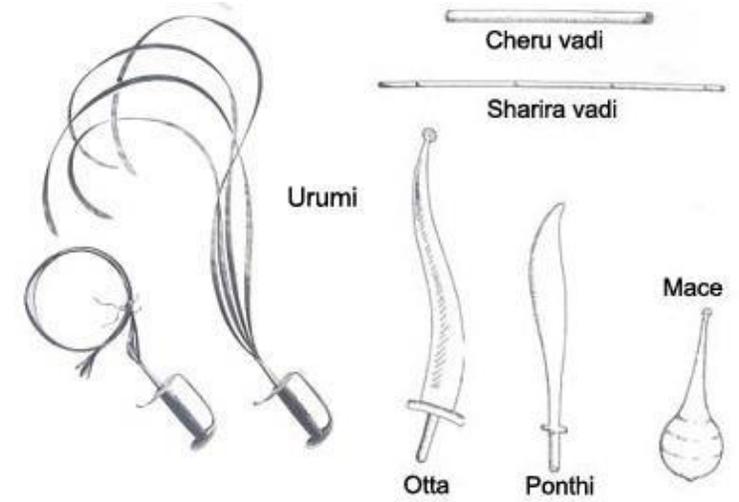




[malatourism.org](http://malatourism.org)

# MARMA CHIKITSA





Prayer area consisting of seven steps in the southwest corner; students are initiated through a ceremony in front of this area known as pūttara.



# URUMI – WHIP SWORD



# THANK YOU