



## **FUNDAMENTAL SKILLS OF KABADDI**

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### **Introduction**

Kabaddi is basically a combative sport, with seven players on each side; played for a period of 40 minutes with a 5 minutes break (20-5-20). The core idea of the game is to score points by raiding into the opponent's court and touching as many defense players as possible without getting caught on a single breath. One player, chanting Kabaddi!!! Kabaddi!!!! Kabaddi!!!! Charges into the opponent court and try to touch the opponent closest to him, while the seven opponents make manoeuvres to catch the attacker. This is Kabaddi, the match of one against seven, known as the game of struggle. The players on the defensive side are called "Antis" while the player of the offence is called the "Raider". The attack in Kabaddi is known as a 'Raid'. The antis touched by the raider during the attack are declared 'out' if they do not succeed in catching the raider before he returns to home court. These players can resume play only when their side scores points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent's raider. The players on the defensive side are called "Antis" while the player of the offence is called the "Raider". The attack in Kabaddi is known as a 'Raid'. The antis touched by the raider during the attack are declared 'out' if they do not succeed in catching the raider before he returns to home court. These players can resume play only when their side scores points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent's raider.

Kabaddi is a game of speed, strength, strategy and, most importantly, lungpower. First you'll need twenty-four people split into two teams of twelve. Only seven players per team are on the playing field at the same time. The remaining teammates are reserves that can "sub in" later. The two teams go to opposite sides of the field, which is divided in two equal sections. Flip to see who goes first. That team starts out on offense and the two team's alternate offense/defense each turn until the game is over. Kabaddi is not a sport meant for faint-hearted ones. Generally, A Kabaddi match is played among two teams with 7 players on each side. Anyone who wishes to be a kabaddi player has to make sure that he/she has a good lung capacity with an amazing presence of mind and of course the much needed muscular strength.

Talking further about the kabaddi field, it is generally divided into two parts. Here, the players are classified as the antis and the raiders. The players on the defensive side are known as the antis whereas the ones on offence are known as the raiders. Kabaddi is played on both national and international levels. When played on an international level, the dimensions of court for men is 10m x 13m whereas for women the dimension is 8m x 12m. During the game, a raider is considered to be out when he/she crosses the boundary line, can't hold their breath, a part of their body touches the lobby. Generally, six officials are appointed for supervising the match.

### History of Kabaddi

The origin of the game dates back to pre-historic times played in different forms. The modern Kabaddi game was played all over India and some parts of South Asia from 1930. The first known framework of the rules of Kabaddi as an indigenous sport of India was prepared in Maharashtra in the year 1921 for Kabaddi competitions on the pattern of Sanjeevani and Gemini in a combined form. Thereafter a committee was constituted in the year 1923, which amended the rules framed in 1921. The amended rules were applied during the All India Kabaddi Tournament organized in 1923. The All India Kabaddi Federation was formed in the year 1950 to look after the promotion of the game and the Senior National championship started from the year 1952. The new body, Amateur Kabaddi Federation of India (AKFI) came in to existence from the year 1972 affiliated to Indian Olympic Association (IOA) with a view to popularize the game in India & neighboring countries of Asia. After formation of this body, Kabaddi took a new shape and National level competitions started for Junior and Sub-junior boys & girls also the 1st Asian Kabaddi Championship was held in the year 1980 and was included as a demonstration game in the 9th Asian Games, New Delhi in the year 1982.

The game was included in the South Asian Federation (SAF) games from the year 1984 at Dacca, Bangladesh. Kabaddi was included as a discipline in the 11th Asian Games Beijing 1990 and India won the lone Gold Medal of Kabaddi in the 11th Asian Games Beijing 1990. India is the reigning champion in the succeeding Asian Games held in Hiroshima 1994, Bangkok 1998, and Busan 2002 & recently at Doha 2006 and created history in Indian sports by winning five consecutive Gold medals in the Asian Games so far. 1st World Cup of Kabaddi was organised in 2004 at Mumbai (India), India won the First World Cup by beating Iran in the finals. The second World Cup was held Panvel (India) in 2007 and India once again became Champion. The First Asian Women Championship was held at Hyderabad in 2005 and India

won the Gold Medal. Women Kabaddi was included for the first time in the South Asian Games held in Colombo, Sri Lanka in 2006. For the first time in the history of Asian Games a separate indoor stadium was built for Kabaddi competition and training in the 15th Asian Games held at Doha [Qatar] 2006. The training/ warming up courts and main field of play was made up of puzzle mats of Korean make. The main field of play was equipped with a giant public screen, which displayed replays and the running score. Two 'Tissot' plasma scoreboards, info terminals for the presentation crew, the ceremony crew and the media were provided.

The 15th Asian Games Doha provided an excellent opportunity to showcase Kabaddi to the Europeans and Australians who were in great numbers in organizing the Asian Games. A good many spectators belonging to European countries, USA, Australia, Western Asia, and the Mediterranean countries, who saw the Game for the first time, were very impressed with the simple rules and the thrill of the sport and desired to introduce the sport in their countries. This has given Kabaddi very good and positive exposure for its future development in the continents of Europe, USA, Australia and Africa. Kabaddi was included in the 2nd Asian Indoor games held at Macau from 25th October to 3rd November 2007. Once again India Won the Gold Medal. Kabaddi considered a game of brawn is not so now. The introduction of mats, shoes, new techniques Men & Women both was included in 1st Asian Beach Games being hosted by Indonesia in 2008 at Bali, India Won Both the Gold Medals of Men & Women Events. There has been a gradual but significant change in the trends of the game since the past 50 years. What was once & changes in rules has made the sport more interesting and advantageous to skilled players who are now able to defeat heavier players with better skills & techniques.

### **MODERN KABADDI**

Kabaddi is called by various other names such as HA-DO-DO in Bangladesh and Eastern India, HU-TU-TU in Western India, Kaunbada in North India, last but not least Chedugudu in South India. With the change in time, the game of Kabaddi kept evolving and getting better. Not only that but it is also played in various other forms under different names. For example, In South India, it is known as Veera Vilayatu. After garnering popularity in India, kabaddi became a rage in over 65 countries all around the world. Currently, Kabaddi is the national sport of Bangladesh. But, it is highly popular among countries like India, Pakistan, Nepal, Japan, Malaysia, Thailand, Argentina, China, Iran, Canada, etc.

## **FUNDAMENTAL SKILLS OF KABADDI:**

Two fundamental skills are involved in the game of Kabaddi

. Offensive skills of kabbadi

Defensive skills of kabbadi

### **OFFENSIVE SKILLS**

These offensive skills are performed by raider to touch opponents and come back safe to own half after raid. These skills are can't, side kick, roll kick, toe kick, front kick, cross kick, round kick, curve kick, dogging kick.

Raiders perform offensive skills in the opponent's half to touch the defenders and score points for their team. Few of the most popular offensive skills in the sport of kabaddi are toe touch, running hand touch, lion jump, back kick, sidekick and dubki.

**Back Kick:** Back kick in kabaddi is one of the cleverest skills in which the raider deceives the defence by showing his back and tries to kick backwards to receive a touch point. It is also called a 'mule kick' in some parts of the world.

**Dubki:** A move that requires exceptional timing and sharp instincts to be pulled off is a Dubki. In a dubki, the raider evades the chain tackle while ducking below the stretched arms of the defenders and scoring a point.

**Hand Touch:** Hand Touches are one of the primary kabaddi attacking skills for any raiders which test their pro-activeness and reflexes. Stooping hand touch, turning hand touch and running hand touch in kabaddi are the few moves that a raider in kabaddi should master.

**Lion Jump:** Popularized by Pawan Sehrawat in Vivo Pro Kabaddi, Lion Jump requires unbelievable power and thrust generated from the legs of the raider. A kabaddi raider tries to jump over the defenders to escape and reach the midline in a lion jump. This move is widely considered as the most athletic move in the game and is incredibly difficult to perform, let alone master.

**Sidekick:** The sidekick is another highly effective kabaddi technique for raiders in which the raider attempts to touch the defender by kicking sideways without losing his balance. A raider requires having practised this to perfection to maintain his body balance and center of gravity to perform this move successfully.

**Toe Touch:** Toe touch in kabaddi is one of the most popular kabaddi skills in the raider's arsenal in which the raider tries to touch the defender using his toe and grab a point. The success of this move relies majorly on the speed and unpredictability of the raider to perform it before the defender anticipates the move.

### **Defensive Skills**

Defending in kabaddi is not only about brute force, core strength and fearless tackles. There are certain kabaddi moves that the bunch of defenders try to execute to grab the raiders. Defensive skills of kabaddi like ankle hold, thigh hold, waist hold, block, dash and chain tackle demand good timing and strength to perform it cleanly.

**Ankle Hold:** Star defenders like Ravinder Pahal and Surender Nada have shown the world how to pull off an exquisite ankle hold. Ankle hold and diving ankle hold is all about the timing and anticipation by the defender, who tries to grab the raider's ankle and stop him from crossing the midline.

**Block:** The move that not only requires strength of body but also of mind to commit themselves to this high-risk, high-reward move. The defender waits for the raider to go deep inside the half and then blocks his way with his entire body. The key for the defender is to be in the right position before unleashing the block.

**Chain Tackle:** Chain Tackle is one of those kabaddi techniques that need a combination of defenders to stop the raider from crossing the midline. Two or more defenders try to coordinate and then pounce on the raider to perform a successful chain tackle. It requires coordination and team work to execute this move successfully

**Dash:** Dashing out a raider off the court or lobby remains one of the most eye-catching skills of kabaddi. This kabaddi move demands a defender to use his brute force and strength to push the raider out of the court and bag a point for his side. It is usually the Cover and Corner defenders who try to effect this skill on the mat.

**Thigh Hold:** As the name suggests, in this defensive skill of kabaddi, the defender tries to get hold of the raider's thighs and stop him before he crosses the

midline. Precision is the key in this move when the defender attempts to hold the thighs of the raiders with both his hands.

**Waist Hold:** Another defensive skill of kabaddi which requires sheer strength by the defender. Waist hold is one of those kabaddi tricks when the defender tries to lift the raider mid-air by grabbing his waist and pinning him down on the mat.

Much like Rann Singh and Sandeep Narwal are the classic examples who showcase this kabaddi skill from time to time. Thus the fundamental skills are most important to play Kabaddi effectively

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