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## **All About Traditional Indian Sports: Kabaddi & Kho-Kho**

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### **Introduction:**

#### **Kabaddi :**

There are some games, which are played in India & were born in India one of such games is the game of kabaddi this game is actually a team sport which has originated from south Asia this is a game which is very popular throughout south Asia & south east. This game is also the national game of Bangladesh this game is also a favorite in some of the states of India. It is a game that requires strength , stamina agility & most importantly the hand eye coordination this is a simple game in which a person who is known as the “ raider “ goes to one side where 4 teammates will b holding hands in a semi- circle. The raider who goes inside has to touch any one of teammates & immediately run back to his line. However one has to keep in mind that he will have to keep in mind that he will have to keep repeating the word kabaddi until he reaches the line while holding his breathe on the other side the teammates have to grab the raider down before he reaches his line.

#### **Kabaddi Requirements**

##### **Prologue :**

Kabaddi is a very inexpensive game it does not even require huge areas, as in, hokey, foot ball, golf, cricket.

Other than human body no other gadgets in the form of bat or ball or gloves or stumps & or nets is required to play the games this game is extremely popular in the villages & 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

#### **Benefits of playing traditional Indian Games**

Playing games has always been an exciting part of growing up for us all we recollect with happiness our childhood games & way to make friends sports is a great way to make friends & be healthy as well.

##### **1) Does not require expensive gear**

Indian traditional games like kho –kho kabaddi don't require expensive equipments to play. Nor does it require any uniform or specific shoes & a accessories all that is raured is people to play with and space to paly in

##### **2) Builds life skills**

Playing convention games have always brought kids together encouraging teamwork & social interaction most old school games require agibility & movements such as swinging of arms & jump ing tem games like kabaddi & kho-kho require kids to come up with tactis to defeat their opponent in turn helping them to strategize & resolve their differences.

### 3) Pass our heritage

It is equally important to teach our kids about our culture & tradition as it is to teach them new age concepts it is vital that they know their roots & have a sense of pride about it by playing Indian traditional games, children can connect with their heritage through sports & this has a deep lifelong positive impact on them.

### 4) Bridge generations

Sports is a great connector across countries, ages religions & even across socio economic statuses too no wonder sports bridge all gaps pulling people & connecting them emotionally playing traditional games as a family brings the family closer & the bond together.

Unstructured play has a vital role in developing various aspects of children's growth behavior & interpersonal skills therefore, the need to reestablish traditional play in children's lives.

### Kho – Kho-

It holds a humongous popularity status. In some parts of India it is even played on a professional level kho kho is very popular with children & is often part of the games class in school it is said to be originated at Pune GYM kan in the state of Maharashtra. Its team in India is called Kho-Kho Federation of India (K.K.F.I) Kho-Kho is a game played in 2 innings by 12 nominated players out of is on each side initially players start the game & 3 are kept reserve. One team becomes the chasers & the other the defenders or runners in the game. The chaser pursues the runners, tags & touches them & makes them out each team has to chase & defend for 9 minutes twice in a match

### I what's good about playing kho-kho?

This game is not only very physical, with lots of running diving & squatting it's also brilliant for encouraging teamwork kids have to watch carefully, work together & learn how to recognize when a teammate should take over the pursuit, they also have to decide quickly which is the right player to take over so there's an element of strategy involved. It's a real workout for body & mind.

### Conclusions :

The game of kabaddi helps in developing strategy, strength & skills to work in teams. It also develops confidence, concentration & tolerance in players physical fitness components & psychomotor variables are essential for playing kho-kho game

Physical fitness, anthropometric measurements & psychomotor variables are inter related.

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