



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2020; 7(3): 340-342
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www.kheljournal.com
Received: 02-04-2020
Accepted: 05-05-2020

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Yoga and Kabaddi

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Abstract

Kabaddi is a team game having no equipment, it involve breathe holding act, which tones up the brain; which is a outstanding feature, which makes kabaddi a unique team game 'Kabaddi is real common man's game, which involves very simply technique of Tag Game-a game of touch. In this game no special costume is needed, and even no costly equipment reservation of club. This game involves body development with a muscular strength, stamina and endurance; because of its special feature "Cant holding" enriches cardiovascular endurance and resistance. Here player is needed to move faster in such a small area of 20'-30' [10-13mts] which develops fine flexibility and agility. This makes eyes and body movement become quicker. Here reaction time is concentrated psychologically with estimated energy and space. Player' physical movements are associated with the close movement of his opponents, in coordination with his teammates. Normally Kabaddi is a game of challenge between single person [The raider] and the group of seven players and grouped in the form of combative.

Keywords: Game, enriches, endurance, flexibility, features

Introduction

Kabaddi is a contact team sport originating from India. There is a popular belief that Kabaddi originated in the Indian state of Tamil Nadu, almost 4,000 years ago. The game is said to have had its inception in Ancient India where it was played all over in different forms, it became popular in Punjab as it was part of their martial traditions. It is popular in the Indian subcontinent and is the state game of the Indian states of Andhra Pradesh, Uttar Pradesh, Karnataka, Kerala, Bihar, Haryana, Maharashtra, Punjab, Telangana, and Tamil Nadu and is the national sport of Bangladesh and was of Nepal until 2017. Kabaddi is played between two teams of seven players. First you'll need twenty-four people split into two teams of twelve. Only seven players per team are on the play-ing 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. The object of the game is for a single player on offence, referred to as a "raider", to run into the opposing team's half of a court, tag out as many of their defenders as possible, and return to their own half of the court, all without being tackled by the defenders. Points are scored for each player tagged by the raider, while the opposing team earns a point for stopping the raider. Players are taken out of the game if they are tagged or tackled, but can be "revived" for each point scored by their team from a tag or tackle. The team with the most points after two 20-minute rounds wins the game. Of course the defenders try to hold the poor raider down so that he runs out of "Kabaddi" on their own turf. These larger chaps are known as "stoppers". To make things more interesting (and fair) each team can only have four stoppers on the field at once, and only one stopper can try to stop a raider at any given time.

A version called "Gaminee" where players can't be revived is other current variations of the game thrive throughout the world today. Here, the game is over when one of the teams is completely wiped out. This game is played worldwide now. There's an American Kabaddi team. There's the Kabaddi Federation of India (KFI), founded in 1950 as an official Kabaddi organization that regulates play and rules and keeps a bunch of records and stuff.

History and Development of Kabaddi

This sport has a long history dating back to pre-historic times. International Journal of

Physiology, Nutrition and Physical Education This game was played in its different forms under different names and was very popular in the southern part of Asia. The great Indian epic, the "Mahabharata" has made also produced the dramatized version of the game to a tight situation faced by Abhimaneu, when he is surrounded on all sides by the enemy in 'chakravyuh'. In history it is also revealed that princes of yore played Kabaddi to display their strength and win their brides. This game is known by different names as Hu-Tu-Tu in Western India, Ha-Do-Do in Eastern India & Bangladesh, Chedugudu in Southern India and Kaunbada in Northern India. Now the modern Kabaddi is a synthesis of the game played in its various forms under different names.

Types of Kabaddi

Amar

Meaning of Amar is invincible. This is a form of Kabaddi is played which is based on points scored by both sides. In this form of Kabaddi, the play field has no specific measurements and also nine to eleven players constitute each of the teams. Here time is the deciding factor and there is no 'out' and revival' system or 'Iona'. In this game is the players remain in the court throughout the match and are able to give their best performance which is the main advantage of this form.

Gemini

This form of Kabaddi has no specific measurements and is played with nine players on either side. The chief characteristic of this form of Kabaddi is that a player who is put out has to remain out until all his team members are put out. The team that put out all the players of the opponent's side secures a point and declared as winning team. This is related to the present system of 'Iona'. When all the players are put out, then the team is revived and the game continues. The game continues until five or seven 'Iona' is secured. This game has no fixed time. The major disadvantage of this form of Kabaddi is that the players are not in position to give their best performance since they are likely to remain out for the better part of the match until Iona is scored.

Sanjeevani

This form of Kabaddi is very close to the present game. In this form of Kabaddi, players are continuously put out and revived and the game lasts for 40 minutes with a 5-minute break in between. In this form of Kabaddi, the team consists of nine players on each side. The team scores four extra points for a 'Iona' for putting out all the players on the opponent's side. The team which scores the maximum number of points at the end of 40 minutes is declared as the winning team. The size of the play field is bigger in this form of Kabaddi. The modern form of Kabaddi very much resembles with this form of Kabaddi with regard to 'out & revival system' and 'Iona'. The present form of Kabaddi is a synthesis of all these forms of Kabaddi with a good number of changes in the rules and regulations.

Pro kabaddi

Pro Kabaddi League had its first season in 2014. The first season was from 26 July 2014 to 31 August 2014. There were double round robin matches along with two semi-finals, third place and final games. 56 games were to be played in first round and 4 in play off stage making a total of 60 games. 8 teams took part in the first edition. First game was played on July 26 between U Mumba and Jaipur Pink Panthers and the final was played on August 31 at Sardar Vallabhai Patel

Indoor Stadium, Mumbai. Jaipur Pink Panthers beat U Mumba by 35–24 to win the inaugural Pro Kabaddi League.

Objectives of the Study

- To assist to develop skills of Kabaddi players.
- To assess components of physical fitness.
- To improve the CANT of Raider.
- To develop positive attitude in players.

Significance of the Study

Kabaddi game require you to hold the breath, which is a very good physical exercise as well as enables players to build specific qualities like agility, quick reflexes, speed, explosive power and strength. Along with these physical skills it also assists in developing mental skills. So this game has psychophysical importance. It is not only a physical game but a mental one also which helps in developing various attributes like patience, awareness of the situation, discipline, physical and mental toughness along with team spirit. Therefore, the present study emphasizes to improve both the qualities of the same by Indian philosophy i.e. yoga. Most trainers give importance to practice only. But only practice is not sufficient, hence the basic skill improving training is required to achieve the goal of kabaddi.

Plan of the study

Sample: -40 Kabaddi players age range from 16 to 22 years. The following physical and mental skills are needed to train.

Physical

- 1) Concentration
- 2) Flexibility
- 3) Strength
- 4) Endurance
- 5) Power
- 6) Coordination
- 7) agility

Mental

- 1) Cent
- 2) Positive attitude
- 3) Positive energy
- 4) Self confidence
- 5) Negative energy control
- 6) Motivation Jumping
- 7) Decision-making

How to Improve the Above Skills with Yogic Training

One-month training is given to Kabaddi player daily for one hour. And all the players practiced the following asanas: sarvan g asan, dhanur asan, pincha mayuraasan, powen muktaasan, makar asan, nava asan, bhujang asan, salamba sirsasan, vakr asan, ardhra matsyendrasan, vajrasan, uttanasan. Along with these asanas trainer taught them Pranayam. Pranayama included anulom vilom, kapalbhati, ujjiai, shiali. And at the end of the program yoga nidra was done as a relaxation technique. In pranayama purak, rechhak and kumbhak are important. It helps to improve Cant which is the soul of Kabaddi game. The Coach and players commented about yoga training that normally Cant for adult and junior boys can be ranged from 20 to 25 seconds. But with the help of above training the Cant improved up to 25 to 30 seconds. The players exhibited more positive relaxed and flexible approach towards the game. They mentioned that they feel fresh and this training helped a lot to enhance their physical fitness.

Conclusion

At last it can be concluded that, Yoga training assists to improve the raider Cant as well as improve physical and mental important role. Along with this yoga training helps to enhance all features required for Kabaddi sports.

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