

Traditional Kabaddi Vs Techno Kabaddi

S. Akila^{a,*} and D. Chinnadurai^a

Received 01st May 2017,
Accepted 10th June 2017

www.ijpefs.com

DOI: 10.26524/2017.06.02.12

^aDepartment of Physical Education, Bharathiyar University, Coimbatore, Tamilnadu, India

*Corresponding Author: Ph:+91-9894077744 Email: akila.sathish@yahoo.com

Abstract: Life of every man is ridden by two horses – tradition and technology. The fight in every mind whether to follow tradition or to enjoy the user-friendliness of technology is always evident. In the phase of life's betterment man is mostly driven by technology. Every test on a traditional practice results in a new technology. That was the ultimate cause of western games to reach the peak in recent years. This article has discussed the traditional heritage of India's very own sport Kabaddi in line with technology for the game to reach the Olympic podium. Conclusion: Reaching the Olympic podium is possible by winning over the popularity contest. The more the popularity the more are the fan followers. The recent rule changes and advancement in technology has escalated Kabaddi facilitating popularity. Another important avenue is that at least 50 affiliated countries should systematically play the game setting up professional associations. When all these fall in place the Olympic podium will be at a one-step reach..

Key Words: Kabaddi; Tradition; Technology; Olympic;

Introduction

Oh! What a revolution. The clock has spun too fast this decade. On one side advancements in science and technology has made man lead a switch button age. On the other side, the same has made the man run a rat's race. To update the ongoing latest changes that too alongside the rapid growth is still a challenging task.

Like now cricket being a fond street side hobby sport, during the early 19th century Kabaddi was one such [2]. Even in the present era, no Pongal festival of rural Tamilnadu is celebrated without Kabaddi. Kabaddi is a test for bravery. A quest for confidence and pride.

Kabaddi is still developing from the rural roots. Earlier in south of Tamilnadu especially it was a pride call for every bridegroom.

The past tense of kabaddi

The dehydrating temperature, layered skin tan, the bleeding toes and knees, dusty polluted playfields, sludgy floor, dirty jerseys were all real signs of popular Kabaddi. Though being a popular game of South Asia, it has gained tremendous popularity around the World [3-6].

Kabaddi is also known as Hututu, Do-do and Ghidugudu. It is an ancient mass based group game, which is played in most of the tropical countries of

Tities. It is popularly known as Hadudu in Bangladesh, Gudu in Sri Lanka, The Chub in Indonesia and Kabaddi in India

The game of kabaddi is one of the oldest games of Indian origin. As you know the game has been playing for a long time (about thousand years ago) in India. Circle Kabaddi is a 4000 years old game. It was properly invented to be group attacks individual and vice versa.

A dramatized version of the great Indian epic Mahabharata, has made an analogy of the game a tight situation faced by Abhimanyu, when he was surrounded by the entire team of opponents. Buddhist literature speaks of the Gautama Buddha was also playing circle Kabaddi for recreation.

Further in Mahabharata times, different kings like Jarasandh, Bhim, Balrama, Krishna, Abhimanyu, Kansa, Daryodhanaetcare few examples who make the history of great battle by performing rules of fight. The king Chadergupta, Krishna Devaraya, prithiviraj Chauhan is further great examples for maintaining the tradition of Kabaddi in form of sport as well as battle.

So the origin of Kabaddi poses infinite changes in the history of Indian Scenario and the popularity of this game is a rural indigenous origin draw charms and identity for a great performance

about the blend of human strength, sound mind, concrete spirit, decision making ability and in the last human satisfaction.

Kabaddi History and the Olympic mystery

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 1921 for Kabaddi competitions, combining the patterns of Sanjeevani and Gamini. Thereafter a committee was constituted in 1923, which amended the rules framed in 1921. The amended rules were applied during the All India Kabaddi Tournament in 1923.

The All India Kabaddi Federation was formed in 1950 to look after the promotion of the game and the Senior National Championship started in the year 1952. The new body, Amateur Kabaddi Federation of India (AKFI) came into existence from the year 1972 affiliated to the Indian Olympic Association (IOA) with a view to popularize the game in India and neighbouring countries of Asia. After the formation of this body, kabaddi took a new shape and National level competitions started for Junior and Sub-Junior boys and girls. A separate competition, the Federation Cup, was introduced for men and women for the elite teams (best eight) of the country.

Kabaddi was included as a regular sports discipline in the 11th Beijing Asian Games 1990 where India won a gold medal for Kabaddi – its only gold medal in Beijing. The Indian team continues to create history by winning the gold medal at each succeeding Asian Games held thereafter Hiroshima 1994, Bangkok 1998, Busan 2002, Doha 2006, Guangzhou 2010 and Incheon 2014.

For the first time in the history of the Asian Games, a separate indoor stadium was built for Kabaddi competitions, and training, for the 15th Asian Games held in Doha (Qatar) 2006. The training/warming up courts and main field of play were 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 also provided.

The 15th Asian Games at Doha provided an excellent opportunity to showcase Kabaddi to many Europeans and Australians, who were responsible for organizing the Games. A large number of spectators belonging to European countries, USA, Australia, Western Asia and the Mediterranean countries, experiencing 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 had given Kabaddi a very good and positive exposure for its future development in the continents of Europe, USA, Australia and Africa.

Kabaddi has been included as a major discipline in the 2nd Asian Indoor Games that was held in Macau from 25th October to 3rd November 2007 and in the Asian Beach Games hosted by Indonesia in 2008, which are major landmarks in the history of the game.

The present tense of kabaddi

It was surprising and astonishing to watch pro Kabaddi in television channels. What a tremendous growth. An outdoor fest has now become an indoor feast! R&D has not left any stone unturned. Yes! It has turned stony mud courts to soft and safe mattresses. Mother India the home of Kabaddi has extended its case thereby preventing 90% open injuries.

Time and tide waits for no one. Now we too need not wait for the sun to spread its light. Midnight or scorching sun Kabaddi lovers can play anytime indoors. The love for the game has multiplied.

After the pro Kabaddi revolution the viewership increased to 56% that is 43.5 crore viewers which was the second highest in India watching matches on television.

New rule changes

30 Seconds

A raid begins when a player enters opponent's half. It lasts for thirty seconds within which the raider has to try and score a point – either a touch point or bonus point – and return back to his half. Failure to return within 30 seconds, rules the raider as out.

Each raid is restricted to 30 seconds (in both the halves). The clocks will be set / reset as raider crosses the centre line or when the raid is over. The clocks will be stopped when:

Each raid is restricted to 30 seconds (in both the halves). The clocks will be set / reset as raider crosses the centre line or when the raid is over.

Raider crosses centre line on returning to his court

Raider exits the arena after being declared 'OUT', or goes out of bounds and is declared out.

Do or die raid

If a team has two consecutive empty raids, then its raider in the next raid has to score a point. If he doesn't, then he's ruled as out. Quite aptly it's called the 'do-or-die' raid'. So a team can't have three empty raids in a row. A do-or-die raid, thus, often serves as a turning point in the game.

Super tackle

A Super Tackle is when a raider is caught by the opponent who has just three or fewer defenders left on the court. In case of a super tackle, the defending team gets an additional point apart from the point from the tackle. However, it only revives one lost member; despite the number of points earned is two.

A super tackle serves teams in a spot of bother, giving them a good chance to comeback in the encounter, thus keeping the game in the balance.

Weight category

MEN : Should not be greater than 85 Kg
 JUNIOR Boys : Should not be greater than 70 Kg
 WOMEN : Should not be greater than 75 Kg
 JUNIOR Girls : Should not be greater than 65 Kg
 SUB-Junior (Boys and Girls) : Should not be greater than 65 Kg

Technical point

Awarding Technical points to the opponent but the same team shall take up the consecutive raid for late cant, double entry and late entry.

The future tense of kabaddi

There has been a gradual but significant change in trends of the game over the past fifty years. What was once considered a game of brawn is not so now. The introduction of mats, shoes, new techniques and changes in rules has made the sport infinitely more athletic and interesting. The modern, international, competitive avatar of Kabaddi has evolved into a spectacular, hugely popular sport in an ever-growing list of countries from around the globe.

India's very own sport - kabaddi - has been the talk of the town. Sanjeevini, Gaminee, Amar, Punjabi or Sadugudu are various forms of kabaddi. With all the new rule changes and technological developments, the game has gained tremendous popularity.

However, one thing that kabaddi is not is an Olympic sport. For a sport to be considered to be part of the Olympics, it must be widely practiced around the world - 75 countries across 4 continents. Kabaddi has seen an exponential growth in popularity and this would be just a formality in the near future. Despite popularity, there are plenty of reasons why kabaddi should be part of the biggest multi-sport event in the world. The number of countries and continents has never been in question in kabaddi, but the lack of a professional kabaddi association and league hampers the sport's chances of being part of the Olympics. So, if all the countries who play kabaddi invest in making it a professional sport in their country, kabaddi can put forth their name for consideration.

Kabaddi was introduced as a demonstration sport in Berlin Olympics in 1936. But Kabaddi never got recognized as an Olympic competitive sport because of various reasons. It has been recognized as an International sport and is featured in the Asian games format. But to become an Olympic sport it has crossed a few more hurdles.

The World Kabaddi Federation (WKF) is working hard to get a game into the Olympics, but they have been told by the International Olympic Committee (IOC) that their request could only be entertained if the game can be played systematically in 50 affiliated countries.

To gain Olympic berth, the sport needs to be widely adopted in many countries. Countries like Japan have started playing this sport well. We need more countries to adopt this sport for it to be included in Olympics.

Apart from all these, to make the Olympic dream come true, we should work on the vigilant and acceptable technical methods which will make this game much more reliable, entertaining, safe and interesting.

Conclusion

Reaching the Olympic podium is possible by winning over the popularity contest. The more the popularity the more are the fan followers. The recent rule changes and advancement in technology has escalated Kabaddi facilitating popularity. Another important avenue is that at least 50 affiliated countries should systematically play the game setting up professional associations. When all these fall in place the Olympic podium will be at a one step reach.

References

- [1] K.U. Deshmukh, M. Pushpalata, A comparative study of socio-economic status in intercollegiate participation of kabaddi and football players, *Indian Streams Research Journal*, 2 (2013) 1-4.
- [2] Javeed, Quadri Syed, S.P. Dhonde, Effect of Socio-economic Status and Area of Residence on Aggression and Neuroticism of National Kabaddi players, *Indian Streams Research Journal*, 2 (2012) 1-5.
- [3] K.V. Seshagiri Rao and Dr Y.Kishore, Effect of Yogic practices on Cant ability among Kabaddi players, *International Journal of Multidisciplinary Research and Development*, 1 (2014) 11-13.
- [4] C. Saravanan, A. Mahaboobjan, Impact of yogic and mallakhamb practices on selected physiological and performance variables among kabaddi players, *Paripex - Indian Journal of Research*, 6 (2017) 215-217.
- [5] A. K. De, P. K. Dasgupta, B. K. Panda, and A. K. Bhattacharya, Physical efficiency tests on Indian male "Kabaddi" inter-university players, *British Journal of Sports Medicine*, 16 (1982) 33-36.
- [6] Hitwant Sidhu, Kabaddi, A Vigorous Game *Journal of Physical Education, Recreation & Dance*, 57 (1986) 75-77.