



A STUDY OF ROLE OF YOGA IN KABADDI SPORT IN INDIA

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Abstract- A team game with no equipment, breathe holding act, which tones up the brain; these are two outstanding features, which make kabaddi a unique team game 'Kabaddi is real common man's game, with very simply technique of Tag Game-a game of touch. It need no special costume, costly equipment reservation of club. Kabaddi favors body development with a muscular strength stamina and endurance; because of its special feature "Cant holding" enriches cardiovascular endurance and resistance. Fine flexibility and agility is developed as one needs to move faster in such a small area of 20'--30' [10-12mts]. Player's eyes and body movement become quicker. Psychological major pressure of holding cent make one to control mind and movement. Psychologically he has to concentrate on his reaction time with estimate energy and space. His physical movement are linked with the close movement of his opponent, in coordination with his teammates. Socially the game of Kabaddi may be grouped in the form of combative but it is normally game of challenge between single person [The raider] and the group of seven players.

Keywords- Game, enriches, endurance, flexibility, features

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Introduction

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 teams alternate offense/defense each turn until the game is over.

Here's where it gets interesting. The offending team sends out their "raider" to the enemy side of the field, where he must try to touch as many opposing teammates as possible before returning safely to his side of the court. The catch? He must do all of this while telling "Kabaddi, Kabaddi, Kabaddi, Kabaddi..." repeatedly and in one long breath. And the best part is: we're not making this up! This is a REAL SPORT!

If he makes it back to safety in one breath, everyone he tagged has to leave and the offense gets a point for each of them. In addition, they may "revive" a teammate that was previously tagged out for each enemy that gets the boot. If the raider doesn't make it back, the defending team gets a point and the raider has to leave the field until he can be "revived". If a team succeeds in getting the entire other team out, they score a "lona" and get an extra two points. Play then continues by putting all players on both sides back on the field. 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 "Kabaddis" 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.

Other current variations of the game thrive throughout the world today, including a version called "Gaminee" where players can't be revived. Instead the game is over when one of the teams is completely wiped out. As for the game's history? While there are no actual records anywhere, there is apparently concrete evidence somewhere that suggests Kabaddi was developed about 4000 years ago to help Indian soldiers develop their self-defense skills (not to mention their pronunciation of the word Kabaddi skills).

Today the game is played worldwide. (Yes, there's an American Kabaddi team.) There's even an official Kabaddi organization, the Kabaddi Federation of India (KFI), founded in 1950 that regulates play and rules and keeps a bunch of records and stuff. Not ready for the big leagues? Try the Amateur Kabaddi Federation (AKFI).

History and Development of Kabaddi

The sport has a long history dating back to pre-historic times. It was probably invented to ward off croup attacks by individuals and vice-versa. The game was very popular in the southern part of Asia played in its different forms under different names. A dramatized version of the great Indian epic, the "Mahabharata". has made an analogy of the game to a tight situation faced by Abhimaneu, the heir of ' the Pandava kings when he is surrounded on all sides by the enemy. Buddhist literature speaks of the Gautam Buddha play-

ing Kabaddi for recreation. History also reveals that princes of yore played Kabaddi to display their strength and win their brides.

The game, known as Hu-Tu-Tu in Western India, Ha-Do-Do in Eastern India & Bangladesh, Chedugudu in Southern India and Kaunbada in Northern India, has undergone a sea change through the ages. Modern Kabaddi is a synthesis of the game played in its various forms under different names.

Forms of Kabaddi

Amar

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

Gemini

This form of Kabaddi is played with nine players on either side, in a play-field of no specific measurements. The principle 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 is successful in putting out all the players of the opponent's side secures a point. This is akin to the present system of 'lona'. After all the players are put out, the team is revived and the game continues. The game continues until five or seven 'lona' are secured. The game has no fixed time. The main disadvantage of this form of Kabaddi is that the player is not in position to give his best performance since he is likely to remain out for the better part of the match until a lona is scored.

Sanjeevani

This form of Kabaddi is the closest to the present game. In this form of Kabaddi, players are put out and revived and the game lasts for 40 minutes with a 5-minute break in between. The team consists of nine players on each side. The team that puts out all the players on the opponent's side scores four extra points for a 'lona'. The winning team is the one that scores the maximum number of points at the end of 40 minutes. The play field is bigger in this form of Kabaddi and the 'cant' was different in various regions. Modern Kabaddi resembles this form of Kabaddi a great deal especially with regard to 'out & revival system' and 'lona'. 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.

Purpose of the Study

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

Significance of the Study

Kabaddi player's basic requirements are the specific qualities of agility, quick reflexes, speed, explosive power and strength. Along with these physical skills mental skills are also important. So this game is a psycho-physical skill game. It is not only a physical game. This

game requires good cant. Therefore this study emphasizes to improve both the qualities of the same by Indian psychology, i.e. yoga. Most trainers are giving importance to only practice. But only practice is not sufficient. The basic skill improving training is essential to achieve the goal of kabaddi.

How to Improve the Above Skills with Yogic Training

Researchers have given one month training to Kabaddi players daily for one hour. All the players practice following asanas: sarvangasana, dhanurasana, pachimotanasana, powenmukkasana, mattasana, nvkasana, bhujangasana, shalbasana, vakrasana, ardhramchindrasana, vrushasana, utkatsana. Along with these asanas the trainer teaches them trataka, kapalbhatti and pranayama. In pranayama anulom vilom, ujjai, shiali and AUM jup. At the end of the program yoga nidra as a relaxation technique has been taken. In pranayama purak, rechak and kumbhak are important. It helps to improve CANT which is the Atama of Kabaddi game. Coach and player comments about yoga training:-

The coach has commented that normally CANT for adult and junior boys can range from 20 to 25 seconds. But with the above training the cant improves up to 25 to 30 seconds. The players show more positive relaxed and flexible approach towards the game. They told that they feel fresh and this training helps to improve our physical fitness.

Performance-enhancing Drugs: the Risks

Many athletes take anabolic steroids at doses that are much higher than those prescribed for medical reasons, and most of what is known about the drugs' effects on athletes comes from observing users. It is impossible for researchers to design studies that would accurately test the effects of large doses of steroids on athletes, because giving participants such high doses would be unethical. This means that the effects of taking anabolic steroids at very high doses haven't been well studied.

Anabolic steroids come with serious physical side effects as well.

Men may Develop

- Prominent breasts
- Baldness
- Shrunken testicles
- Infertility

Women may Develop

- A deeper voice
- An enlarged clitoris
- Increased body hair
- Baldness

Both Men and Women Might Experience

- Severe acne
- Increased risk of tendinitis and tendon rupture
- Liver abnormalities and tumors
- Increased low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
- Decreased high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
- Hypertension
- Heart and circulatory problems

- Suppression of the hypothalamic-pituitary-gonadal axis
- Prostate gland enlargement
- Aggressive behaviors, rage or violence
- Psychiatric disorders, such as depression
- Drug dependence
- Infections or diseases such as HIV or hepatitis if you're injecting the drugs
- Inhibited growth and development, and risk of future health problems in teenagers

Conclusion

- Yoga training helps to improve the raider cant.
- Yoga training helps to improve physical and mental skills.
- Yoga training helps players to look in to himself, it leads to development of sportsman sprit.

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