APPENDICES

About the game Kabaddi and Kho-kho

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APPENDIX - I

ABOUT THE GAME - KABADDI AND KHO-KHO

KABADDI: Kabaddi is one of the national games of India; it is a traditional form of play that this country has evolved for its youth to train them for a vigorous and joyous life. The game is played in a small rectangular area (12.5M x 10M) and the pattern of the game comprises of attack and defense. The raider goes in the opponents' court and tries to attack the opponents who may be large in number (varying up to seven at a time). The raider also tries to return to his court safely without being trapped by the opponents. The game involves a high standard of agility, strength, judgement, alertness of mind, fearlessness, tact and skillful bodily movements. Kabaddi was introduced in the IXth Asian Games at Delhi, 1982, as an exhibition event. It was an event in South Asian Federation Games, Calcutta, 1987. This game is popular in South Asian countries and regular international competitions are organised among these countries.

KHO-KHO: Kho-Kho is a typical Indian game simple in nature but very interesting and exciting both for players as well as spectators. It is one of the National games and a traditional form of play in our country. The game is played in a rectangular area (31M x 16M) and the pattern of the game comprises of
running, chasing, dodging and feinting. A team comprised of nine players. Chasers attack the defenders (runners) three at a time within a stipulated period of seven minutes time and the runners move in different directions within the field of play to avoid the attack. The players of this game, therefore, require high standard of speed, agility, good reaction time and skillful bodily movement. It was introduced in South Asian Federation Games, Calcutta, 1987, as an exhibition event.
Fig. A1. The Game of Kabaddi

Fig. A2. The Game of Kho-Kho