CHAPTER I
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Sports are no more leisure time, pleasure seeking entertainment activities. They have now developed into a highly competitive and complex profession. The importance given to the sports can be judged from the billions of dollars paid to the sportsmen all over the world. With the exposure through printed and electronic media sports have been glamorized. There is no other profession in which the individuals are paid as much as the outstanding sportsmen in almost all the games. The global importance given to sports is also tagged with the national prestige of a nation. It is through sports only that some countries are put on the world map. International competitions like World Cup Championships are very prestigious projects. For the conduct of these championships all the countries of the world vie with one another.

The History of games and sports is as old as the history of mankind. If we peep through the old civilizations it will be found that various sports, games and amusements were organized by the various cultural organizations such as Athenians, Spartans and Romans. The culmination came with the organization of the first Ancient Olympic games of 776 in Greece. Sports today have penetrated all the physical barriers. History is a face of evidences as to how kings, Maharajas and rulers patronized sports and sportsmen in order to establish high tradition of sports culture and through which they had achieved deep social appreciation.

According to ‘The Encyclopedia Britannica’ the development of sports is concurrent with the development of civilization itself. Since the time man emerged from the dark abyss into the dawn
of civilization, he has been playing something. As man was laborious, he had acquired an intellect and learned to control his environment so that he could increasingly relieve himself of the pressure of mere existence. He began to organize the biological urge to play objective games of various kinds. Since the conditions of living in the primitive life were cruel and exacting, man lived alone by the strength and cunning born of his original nature. Many of the earlier games that man devised took the form of combative activities designed primarily to subdue an adversary either human or animal. Other survival activities also played a prominent part in the primitive games and sports. The early forms of art and literature, which have survived the ruins of the ancient river village of the Tigris and the Euphrates in Mesopotamia, the Hittite kingdom and the Assyrian and the Persian Empires of the eastern Mediterranean group, give ample evidence of such organized activities as Wrestling, Hunting and Swimming. Man being what he is, has always been required to wage an aggressive war against the forces of nature and against the organized efforts of human enemies to take by force those things which belonged to him from the beginning of civilization. Therefore, games and sports have been used to train the young in war like and survival activities. As skills in these pursuits improved and man gradually perfected the art and science of communal living, sports played an important part in the ceremonies, festivals and pageantry of each succeeding era.

Throughout the world sports have a popular appeal to the people of all ages, religions and races. It is rendering a great service to all segments of the society, regardless of age, social status, race and physical ability. From times immemorial sports have been favourite pursuits of human beings. In early India games and sports were very much concerned about the development of the physique and
of the art of defence and offence. Games were considered a kind of recreation which played a vital role in the development of man's personality. 'History of games and sports in India'-Indian Mirror says that fortunately India has a rich heritage of these activities as can be found in the archeological excavations of Mohanjodaro and Harappa, the Vedic literature i.e. the Ramayana and the Mahabharata, the Puranas, the literary works of Kautilyas, Kalidasa, Panini and Dandi as well as a whole lot of Buddhist and Jain literature. Various archeological evidences like coins, inscriptions and monuments carving have supported them. A statue in the Mohanjodaro remains was that of a dancer which pointed out that the important pastime of the people then was dancing. Hunting was the next important game. Seals showing men using bows and arrows for killing wild boars and deers have been found. Some archeological excavations at Mohanjodaro in Larkana district of Sind have revealed the presence of highly developed civilization around 2500 B.C. The city itself was well planned and organized with magnificent bath houses of baked bricks. There was a swimming bath about 39 feet long, 23 feet wide and 8 feet deep with steps at either end. Physical fitness was probably maintained by the rigorous of their outdoor life.

During the Vedic period, the Indo Aryans who immigrated to Northern India from Central Asia or Europe gave us a picture of their way of life in the Vedas. P.N. Chopra describes that they were tall, strong and fair-skinned. They enjoyed strong drink and gambling with dice and music. Despite their gentle art the Indo Aryans were a strong war like race. Further, the epic age covered the period associated with the Mahabharata and the Ramayana. From there one gathers that the period was of great conflict and bloodshed. The physical activity included archery, Javelin, spear throwing, fighting with the sword and
battle axe. These epics have references of wrestling, swimming and dancing centres of learning which were established under the royal patronage at Taxila, Patliputra, Kanauj and Mithila. Archery at Taxila was an important specialist subject which attracted many members of royal families and nobility. Megasthenese, a Greek envoy who lived in Patliputra in between 303-298 B.C commented on the seven sections into which population was divided. One of these was Warrior caste, second number was only for cultivators. The warriors were of two types: Foot soldiers using long arrows and bows which required considerable strength to manipulate and carried broad swords and shields. Violent physical exercise was characteristics of this class, while physical fitness for other classes depends largely on the nature of their occupation and diet.

People took much interest in games during (600 B.C. to 320 B.C.) early Hindu period or epic period. Ayodhya, Kishkindha and Lanka, the three great places related with this period, were centres of many games and sports. Chariot riding and horse riding were popular. Hunting was taken as a royal sport. Swimming was also popular and it is said that Ravana had a beautiful swimming pool in the Ashok Vatika where he used to sport. Gambling with dices was also well known. “Chatrang” or chess as we call it today developed during this period and India is proud to be called the homeland of this great sport. Ball games were popular during Mahabharata period. It is said that Lord Krishna played ball games with maidens on the banks of Yamuna, “Iti-Danda” or “Gulli-danda” was also one of the games. Bhima was well versed in this sport. This is similar to the present day cricket. Yudhistar had a great liking for dicing and it is known he had lost his whole kingdom, his brothers and his wife in this game to his
opponents. People also enjoyed water sport. Bhima was a great swimmer. Duryodhana was also an expert in swimming.

The game of chess is found mentioned in the texts of Jainism. Chess was found prevalent in the campus of Nalanda. Archeological excavations have found gambling dice in monasteries and other Buddhist sites. Boxing was also popular. Archery is found mentioned in Jataka stories. Bodhisattva learnt archery at Takshila. Wrestling was popular and descriptions of such breath holding bouts in wrestling are available in Jataka stories. Two kinds of games called ‘Udyana Krida’ (garden sport) are also mentioned. Great universities like Takshila and Nalanda developed during later Hindu period. Takshila was famous for military training, wrestling, archery and mountain climbing. In Nalanda, Swimming, breathing exercises and yoga formed an integral part of the curriculum.

The great Mughals were also fond of games and sports. As described by P.N. Chopra, Babur was very fond of witnessing wrestling bouts and he gave prizes to the successful champions. In the subsequent period, Irani and Turani wrestlers came to India and enjoyed royal patronage. Wrestling was a favourite pastime throughout the country. Akbar at the early age of 14(fourteen) had acquired the difficult art of controlling wild elephants. Among other outdoor recreations a mention may be made of Chaugan (Polo) which was confined to the royalty and nobility.

The Punjabis have always been very fond of sports. As stated by Bakhshish Singh Nijjar, two important aspects of the social life of this period were ‘Razm and Bazm’ i.e. warfare and social intercourse respectively. Normally every man was expected to be active soldier, capable of doing military duty in the time of war. Punjabis always had to bear the brunt of invaders. But during the time
of peace the people of Punjab indulged in pleasures, pastime and recreative sports. It will not be out of place to describe some of the important and interesting games played in various districts of Punjab. “District Gazetteer Jhelum (1904) describing a game “Pir-kaudi”, a sort of prisoner’s base, writes “this was a game which was best known in the Jhelum; one man ran out into the open and was pursued by two more, as they circled round each other, the first man tried to hit or touch either of the other two and got away before they could catch him, they tried to seize and throw him but could not do so until he touched them”. Further it is mentioned in Lahore Architectural Remains (1892): “While in large open spaces, players assemble at the game known as pir-kaudi on moon light nights. When the air is cool and refreshing, young men and boys play a sort of game like the “Prisoner’s base”. District Gazetteer of Attock (1904) describes “The great game of the district is Pir-kaudi, rough sort of Prisoner’s base. This is played by the villagers and often in the competitions by the men of various villages. Large numbers join at all times of the day when it is not too hot. Many villagers are only too glad of an excuse to forsake work and play pir-kaudi”. 

Saunchi was a game which was played throughout the Punjab. It is mentioned in the settlement report Ludhiana (1878-83) “One man ran backward and two followed and tried to catch him, he struck them off with his open hands”. Further, according to Punjab Gazetteer (1883-84) Lahore District, “Game of Saunchi was very popular at fairs and merry meetings. It required a large open space in which the players assembled and formed two rings and the game was played”. 

Even in the modern period sport is considered the most important factor in influencing the mental as well as the physical well
being of a man. Baljeet Singh (2002) has described that today the sciences of Medicines, Psychology, Sociology, Physiology and even Philosophy make a significant contribution to Physical Education and sports. The variety of experiences such as Joy, Anguish, Success, Failure, Exhaustion, Pain, Relief and Sense of belongingness can only be realized through watching and participating in sports. Sportsman spirit is considered to be a very significant contributor to the building of a disciplined personality, a pre-requisite to make an enlightened, broadminded and harmonious human society. Obviously a sport is an institutionalized activity in which both the body and the soul of a person take part in equal measures. It involves vigorous physical exertion, complex physical skills and combines intrinsic satisfaction and external rewards.

In villages, which formed the first habitation of civilized man, rural sports grew out of sheer necessity. Kanwal (1999) states that the need for cultivating individual’s strength for labour in the fields, the interdependence within the community and for defence against the foe and dangerous animals must have given birth to sports like wrestling, running, jumping, weightlifting and other such performing arts like measuring of strength by holding wrists, twisting hands etc. Circle Style Kabaddi, which is another expression of the same spirit, was one of the games in the Northern India. This game has now spread over the other continents of the world. This game was based on the principle of common spirit and teamwork. Besides the movement and exercise of all parts of the body, one thing which was more emphasized was the exercise of the lungs. The repetition of the same word continuously could be the better way for the exercise of the lungs. Like the musicians, kabaddi players also kept themselves away from the lung diseases.
In Punjabi this game is popularly known as Kaudi, Kabaddi or Kauri. Requiring only a small piece of ground and two sets of players without any equipment, the game suits the genius and pockets of millions in the country. It is opined that first of all this game was called ‘Kaud Kabaddi’ which means a war of the foolish or a fight of the foolish or to fight without any cause. A popular word of punjabi language ‘Kauda’ was also used in bad terms. Kabaddi is considered ti be a pure punjabi game reflecting the punjabi culture.

With major or minor difference this game remained popular in other parts of the country. ‘Hu tu tu’ in Maharastra, Chidu-chidu in Madras and Do-do in Bengal are the different names of the same game. In some other parts of the country it is known as Kho-Kho and Atya Patya. The word Atya means Pride and Patya means decline or downfall. It means that “Pride has a fall”. This game is nearer to the principle of Sikh Philosophy i.e. ‘Simple Living and High Thinking’.

No doubt, in kabaddi we have many miles to go at international arena. Though the game of Circle Style Kabaddi is the game of old Punjab origin, yet now it is being played in many Asian and European countries. This game has a combination of many games such as wrestling, gymnastics. According to the rule book by England Kabaddi Federation (1991), Circle Style Kabaddi develops the youth physically, makes him stronger, balanced and healthy in all respects. Earlier, this was played in Northern part of the country but now it has spread all over the country as well as the world. From the time immemorial development of manly and war like skills has been the object of certain forms of sports and they were part of the training of all young men of different nations. Those trained in these sports are considered as warriors.
Games provide not only an emotional outlet to a number of people but also rid the participants of animal spirits and excess emotions through the process known in Psychology as “Sublimation of Instincts”. Different sports are introduced at different times. Some of them have their own peculiarity and individuality. Circle Style Kabaddi tops in all such sports and is very popular in (Pak-I-Hind) the subcontinent. There is no such sport except kabaddi, which uses the individual and the collective potentials of man. Kabaddi develops a strong Physique, determination and a sense of responsibility. This is probably the most economical means, among all the sports, of keeping an individual hale and healthy because Circle Style Kabaddi does not require costly costumes or equipment. Only a small piece of an ordinary cloth known as “Loin” or underwear is the only requirement of a kabaddi player. Every Youngman of a village possesses this simple dress.

Amar kabaddi (Circle Style Kabaddi) the most popular game in Punjab is considered as mother of all games in the rural area. This game which is known as Circle Style Kabaddi has been played for ages and has been pastime of thousands particularly in the rural areas. Like various other activities, no authentic record exists to show in which year the game was originated, in which region had it been played in an organized manner, when the rules and regulations were framed and when this game travelled to other countries of the world(as now it is being played in Malaysia, U.K., Canada, America, Pakistan etc). Though little work has been written on Kabaddi in the realms of physical education yet no detailed and research based study on original sources has appeared on the chosen subject.

Circle Style Kabaddi is a game which is Strenuous, Outdoor, healthy and inexpensive. It is one of the oldest sports of India. There
CIRCLE STYLE KABADDI PLAYING COUNTRIES OF THE WORLD
CIRCLE STYLE KABADDI PLAYING COUNTRIES OF ASIA
is no record which may enable us to know who invented it and when. But it is certain that it did exist since long and enjoyed popularity among all the classes of people in this country.

In Circle Style Kabaddi, each team consists of 15 players with five reserves. Full team of ten players may be maintained throughout the duration of the match. Every time the stopper stops the raider from going back to his starting point, stopper’s team gets one point. On the other hand, every time the raider tags one of the stoppers and returns to his starting point his team gets one point. At one time only one of the stoppers can try to stop the raider. If more than one touches the raider, an automatic point is awarded to the raider’s team. If the stopper is pushed out by the raider or vice-versa, then the team whose member is still in the field gets a point. If both the raider and the stopper go out, the result is a common point, where no body gets a point.

Though this game is being played for the last many centuries, yet definite rules and regulations and dimensions of the playfield have differed from time to time and place to place. After going through the literature in Physical Education, it has been noticed that the rules and regulations were different at different times, even the dimensions of playfield were also different. Therefore, keeping in view the popularity of the game among the people, it becomes necessary to find out the origin and development, rules and regulations of this game. In hand study will be a beginning of research in the area of ‘Circle Style Kabaddi’.

1.1 STATEMENT OF THE PROBLEM

“Historical Development of Circle Style Kabaddi”
1.2 OBJECTIVES OF THE STUDY

The following objectives for the present study were framed

1. To know the origin of Circle Style Kabaddi.
2. To know the development of the rules and regulations of Circle Style Kabaddi.
3. To know about the outstanding players of the past.
4. To know the development of competitions in the game of Circle Style Kabaddi.
5. To know about the Kabaddi Federation existing in different countries.
6. To know the contribution of the different rulers, great personalities, organizers and clubs for the promotion of Circle Style Kabaddi during different times.

1.3 DELIMITATIONS OF THE STUDY

1. This study is delimited to Circle Style Kabaddi only.
2. The study is delimited to the countries where the Circle Style Kabaddi is being played.
3. The study is delimited to men only.

1.4 SIGNIFICANCE OF THE STUDY

From the existing literature on kabaddi the researchers of the past had not explored much about this game. No where exclusive study about its rules, regulations and dimensions has been conducted. Therefore the present study is a humble and pioneer attempt in this direction. No doubt, there is no dearth of research work on kabaddi but
no serious attempt has so far been made to go deep in to the concept of Historical development of Circle Style Kabaddi. The present study will convey valuable information to the teachers, coaches, trainers, officials and the research workers in the field of Physical Education and sports. The study will also be useful for the laymen who are curious to know about the historical development of Circle Style Kabaddi.

The study will serve as a stepping stone for the future research and also suggest ways and means to popularize Circle Style Kabaddi. Thus following statement emerged out keeping in mind the above significance.

The present study is both descriptive and historical in nature. The investigator applied the analytical approach for the investigation. A sincere effort has been made to study the primary and historical sources. The works of various authors on the topic have also been explored. Different approaches were applied to study scriptures depending upon the need of the research.