Kalaripayattu

Why in News?

The Indian Kalaripayattu Federation (IKF) accuses the Indian Olympics Association (IOA) for placing Kalaripayattu in the demonstration section in the 38th National Games to be held in Uttarakhand.

- **Kalaripayattu** – It is an ***Indian martial art and fighting style*.**
- **Purpose** – To develop the individual with an extraordinary level of awareness and super-sensitive body-mind co-ordination to keep them ever-prepared for attack & defense.
- **Origin** – It is an ancient martial art ***indigenous to Kerala***, a small state in the southern tip of India, during the 11th –12th century CE.
- **Historical references** – It is mentioned in the *Vadakkan Pattukal* ballads written about the Chekavar from the Malabar region of Kerala.
- It is with a legacy of *more than 3000 years*.

Kalaripayattu is the oldest and most scientific of all martial arts in the world.



- **Training** – It takes place in a ***Kalari, an Arena*** *in natural soil ground.*
  - It ensures *cooling of the body* as the students engage themselves in the gruelling, heat-generating exercises.
  - It *lessens the threat of skin infection* from bites of insects that inhabit the top soil.
- *Children at 7 years*, are initiated into Kalaripayattu.
- **Poothara** – A small, upwardly tapering, 7-tiered structure stands at the south-western corner of the training.
- **Oral commands** – It is called as *Vaaythaari*, a set of technical words or phrases which don't convey much to the ordinary people.

Indian Kalarippayattu Federation (IKF)
• **Established in** – 1995. • **Aim** – To promote Kalarippayattu, the Martial Arts of Kerala and propagates its values. • **Motto** – Unity in Diversity. • **Nodal Ministry** – Ministry and Youth Affairs and Sports. • **Association in** – 25 states. • **Recognized as** – National Federation in 2015. • **Role** - It offers a disciplined and cultured youth for the welfare and progress of the Nation.

References

1. The Indian Express| Kalaripayattu's removal from competition
2. Kerala Tourism| Kalaripayattu
3. Indian Kalaripayattu Federation| Origin and History of Kalaripayattu

