

## Kalaripayattu

### Why in News?

The Indian Kalaripayattu Federation (IKF) accuses the Indian Olympics Association (IOA) for placing Kalaripayattu in the demonstration section in the 38<sup>th</sup> 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 11<sup>th</sup> -12<sup>th</sup> 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- **Historical references** - It is mentioned in the *Vadakkan Pattukal* ballads written about the Chekavar from the Malabar region of Kerala.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](#)

