



Chapter 10

Kabaddi... Kabaddi... Kabaddi...

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Out, out (all the girls shouted loudly)

Kabaddi... Kabaddi... Kabaddi... (hold from here)

Kabaddi, Kabaddi (hold from the leg, the leg, the leg hold her leg)

Kabaddi, Kabaddi (Vasudha, you come here, you hold her from here)

Hey Sushila ! Make sure that her hand does not touch the line.

Hold her hand.

Kabaddi, Kabaddi, oh ! She has touched. She has touched it.

Out, out, out. All out. Ho, ho, ho

Your team is all out !



What are these girls doing ? They are shouting ‘out’, ‘out’, ‘out’. It is clear that they are playing a game.

What do you call this game ? *Chedduguddu, Hu-tu-tu, Choo Kit Kit, Hu-du-du* or *Kabaddi* or something else ?

When the girls surrounded Shyamala and caught her, everyone thought that she was ‘out’. Somebody caught her legs and somebody her arms, while one girl caught her by the waist, but Shyamala was not the one to give up. She dragged herself by increasing her strength and managed to touch the line in the centre.

When Shyamala touched the line, all the girls of the opposite side were holding her. So all of them got ‘out’. But Rosy argued that Shyamala had taken a breath in between, so the team was not ‘out’. Shyamala insisted that this was not true. She said that if she had taken a breath, why did the girls keep holding her ? There was a big argument. Finally Shyamala won.



Kabaddi... Kabaddi... Kabaddi...

- How many players are there in a *Kabaddi* team ?

- How many players got out when Shyamala touched the centre line ?

- How do you resolve the disputes during games ?

So, this is what a game of *Kabaddi* is like. Snatching and pulling happens, Someone is caught, there is shouting also. This is a game of bravery and it has many rules. What does one do when one takes turn in *Kabaddi* ? He/she keeps on saying '*Kabaddi*', '*Kabaddi*' continuously. They have to hold their breath until they are coming back in their position.

When you are taking your turn, be careful. You have to use your body and mind too. You have to pay attention all around. When you touch the line of other team, take care that nobody from their team will catch you. How much you have to be careful ?

- Hold your breath saying '*Kabaddi, Kabaddi*.' How many times could you say it?

When you go to play *kabaddi*, focus your attention on your legs, arms and eyes. You will notice the good coordination of all these body parts helps you a lot.



Think and Tell :

- What does it mean to be out in *Kabaddi* ? When does one get 'out' in the game ?
- In some games those who are having their turn they touch others. In some games they go to find the players. Which are such games similar to this ?
- What other games do you play ? What do the player have to do with it ?



For the teacher : The activity given above in the box should be done only under the teacher's or elder's supervision.



Karnam Malleshwari

Karnam Malleshwari is a weight lifter. She lives in Andhra Pradesh. Her father is a police constable. Malleshwari started lifting weights when she was 12 years old. Now she can lift a weight of 130 kilograms.

Karnam has won 29 medals in international events. Her four sisters also practice weight lifting.



Sarita Gayakwad



Sarita Gayakwad was born in Karadiamba village of Dang district on 1st June, 1994. Sarita Laxmanbhai Gayakwad is a Gujarati sprinter. Her parents are busy with farming. She specializes in the 400 metres running race and 400 meters hurdles. She won gold medal in women's 4 × 400 metres relay race at the 2018 Asian Games. Gujarat Government has selected her as a brand ambassador for "Beti Bachao Abhiyan".

Story of Three Sisters

Look at this photograph. Don't they look like simple grandmothers ? But they are different.

The picture is of the three sisters - Jwala, Leela and Heera. They live in Mumbai. All three of them played *Kabaddi* and taught the game to others. Jwala tells, "When we were young, girls were not allowed to play



this game. People thought that if girls played such rough games, nobody would marry them." They also said that the girls had to wear boy's clothes to play *Kabaddi*. That is why they stopped girls from playing.

Kabaddi... Kabaddi... Kabaddi...

When they were young, their father died. Their mother and two *Mamas* (maternal uncles) brought them up. Both uncles used to play *Kabaddi* and *Kho-Kho*. They encouraged the three girls to play *Kabaddi*.

Jwala and Leela talk about their experiences. Almost fifty years ago when we started to play *Kabaddi*, girls never got a chance to play this game. Parents did not let them play the game. But we always felt that we should play and my uncles and mother supported us. We three learnt the game and some other girls also joined us. We formed a *Kabaddi* club, which is active even today.”

Remembering those days !

Leela and Heera still remember those days. They tell how they won some matches which they were about to lose. Once they went to a big city to play a match. Leela tells, “The match had to start at 6 : 30 in the evening. We went to see a movie. As soon as movie started, we notice some noise and disturbance. It was created by our *Mama*, who was looking for us in the hall with a torch. When he found us, he gave us a big scolding.”



For the teacher : Use these examples to draw children’s attention to the reality that many times girls do not get equal opportunities in games.

