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## **A Critical Study Of Participating And Standrad In Kabaddi & Kho-Kho Sports Of Secondary & Higher Secondary School in Osmanabad District**

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### **Introduction:**

Kabaddi is an Indian game which commands huge popularity in the India as well as its ninterland. In India Kabaddi is popular in different names. In the southern parts of India the game is referred as HU-TU-TU, in eastern India it is fondly called Hadudu for men & kit-kit (for women) The game is known as Kabaddi in northern Inida.

Breathe control, raid, dodging & movement of hand and feet are the basic skills that one has to acquire in order to play Kabaddi.

### **Kho-Kho**

Kho-Kho is a tag sport from the Indian subcontinent. It is played by teams of twelve players of which nine enter the field who try to avoid being touched by members of the opposing team. It is one of two most popular traditional tag games of the south Asia, the other being Kabaddi. Kho-Kho is popular in the whole India. it originated at Pune Gymkhana in the state of Maharashtra.

- **Fundamental skills of Kabaddi**

There are two fundamental skills of Kabaddi, They are

1) Raiding skills 2) Defensive skill

- **Important Kabaddi tournaments**

1) National Kabaddi Championship 2) Gold cup Bombay 3) Inter-Universities Kabaddi tournaments 4) All India school Kabaddi tournament.

- **Fundamental skills of Kho-Kho**

1. Chasing skills
2. Running skills
3. Giving kho
4. Taking direction
5. Fake kho
6. Tapping
7. Trapping
8. Diving.

- **Important Kho-Kho tournaments**

- 1) All India Kho-Khotournament from Today – Times of India.
- 2) C.B.S.C. cluster of Kho-Kho tournament
- 3) Kho-Kho tournament held in Delhi News – Times of India.

- **Standard maintenance & participation**

Kabaddi was included in the curriculum of regular discipline calrse in coaching conducted by National Institute sports, the premeire institute to develop sports in country with effect from the year 1971. There after qualified coaches in Kabaddi&Kho-Kho are being produced every year. The

neighbouring countries Nepal & Bangladesh also send their coaches for the diploma course in various disciplines including Kabaddi&Kho-Kho regularly. These qualified coaches are equipped to train players at different levels in a systematic manner with sports science backup.

- **Development of standardness in game**

There is a gradual but marked change in the style of game during the past 50 years, what was once considered a game of brown is not so now. The introduction of more techniques to the game has made it relatively easier for a player with more skills than weight to score points against better built opponents over the years, the game pattern changed along with the rules and the size of the play field. Hanuman Vyayam Prasarak Mandal Amravati, Maharashtra, which took up the task of organizing & developing Kabaddi and Kho-Kho in a more systematic & scientific manner. This institution believes in the maximum "A healthy mind in a healthy body" & has been doing yeoman's service to sports in general & indigenous games in particular.

- **Conclusion:**

All India Kabaddi Federation which was formed in year 1952 appointed a rules sub-committee with the express purpose of laying down standard maintenance rules and regulation to be followed by affiliated provincial units all over country. Kabaddi is now a very popular game & is a regular sport in Asian games. Kabaddi will be a demonstration sport during commonwealth game 2010 at New Delhi.

Due to vital capacity maximum amount of air that a person can expel from the lungs after first filling the lungs to their maximum extent. It is equivalent to the inspiratory reserve volume plus the tidal volume plus the expiratory reserve volume.

Thus, this present study highlighted the researches of different researchers in different areas of participation in game & maintenance of standard. Looking at various researchers the investigator was able to identify the areas where researchers have not been touched upon. Strong and healthy people are the real assets of every nation. They can be strong sports games are essential for being strong and healthy.

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