

j.S. University

Value Added Course

Certificate Course in Kalaripayattu

Regulation and Syllabus

(for students admitted from 2019 - 2020 & Onwards)

Department of Physical Education

Dr. Jose P. J.

Value Added Course

"Certificate Course in Kalaripayattu"

REGULATIONS

1. Preamble

The Certificate Course in Kalaripayattu is a Value Added programme meant for candidates desirous of learning the concept with hands- on experience. This course enables the learner to understand the concept and methodologies in systematic, specific and scientific way.

2. Regulation

The syllabus is for 30 hours programme under part time mode will be implemented from the academic year 2019-20 onwards. Classes will be conducted during holidays and free hours without affecting regular classes.

4. Course of Study

The value added Certificate Programme shall be of duration of 30 hours during the holidays consists of both theoretical and practical classes. The medium of Instruction and examination shall be in English.

Theory - 15 hours

Practical - 15 hours

5. Marks Distribution

| Part | Subject code | Name of the paper | Total |
|--------------|--------------|---------------------------------------|------------|
| Theory | | Concepts and Methods of Kalaripayattu | 100 |
| Practical | | Techniques of Kalaripayattu | 100 |
| Total | | | 200 |

6. Examination (Theory & Practical)

Both theory and practical examination will be conducted by the Department of Physical Education as per the directions of the Controller of Examinations of Tamil Nadu Physical Education and Sports University. For a pass in theory and practical, the candidate is required to secure at least 50 Marks out of 100 marks in the theory and practical examination.'

7. Attendance

Attendance is compulsory minimum of 80%. If any student is less than 80% he/ she has redo the course.

SYLLABUS

Theory

CONCEPTS AND METHODS OF KALARIPAYATTU

UNIT I :

Meaning and Definition of Kalaripayattu. History and Development of Kalari. Cultural Roots of Kalaripayattu. Sampradayam., General ideas behind Kalaripayattu concepts and Techniques. Prerequisite for a Kalari training. Precautions, Attire and Safety Equipments. Preparatory Exercises.

UNIT II :

Chuvadu. : Position of the feet - Vadivu: Posture of the body. The combinations of chuvadu and vadivu . Offensive or defensive maneuver: Vadivu: Types of vadivus: Varaha - Wild Boar, Gaja - Elephant, Marjara - Cat, Simham - Lion, Sarpam - Snake, Kukkuda - Cock, Mayu.ra - Peacock and Haya - Horse. Leg Exercises: Type of leg exercises (kicks)- Techniques, Safety and Benefits .

UNIT II:

Meipayattu.: Body in practice - Flexibility and general physical fitness benefits. Acrobatics in Kalari: flips and kicks. Kalari with Equipments: Short Stick (Muchan)- Long Stick (Kettukari)- Dagger (Kattaram)- Knife (kathipayattu)- Kaikuthipayattu: Techniques, Safety and Benefits .

UNIT III:

Curved stick (Ottakol): - Sword And Shield (Valium parichayum) - Sword And Spear (Marapidichakuntham)- Bare-Handed Combat (Verttmkai). Techniques, Safety and Benefits .

UNIT IV:

Flexible Sword (Urumi) - Kalari Massage (Uzhichil)- Marmapoints - Marinas (deadly spots) in the human body. Techniques, Safety and Benefits . Practice during hot and cold seasons.

UNIT V :

Northern, Central and Southern Traditions in Kalari. Guru- Role of Guru. Place of Practice. The Puttara. Puttara Vandanam and Kalari Vandanam. Energy and Matter : Vada, Pitta , Kapha, Nadis and Organs.

REFERENCE

Ranjan Mullaratt (2000) , Kalari Margam - Ancient Secrets for Modern Living.
ISBN: 978-93-5196-334-9

Chirakkal Sreedharan T Nair (2016) Kalarippayattu: The Complete Guide to
Kerala's Ancient Martial Art, Westland Books: Chennai.

Luijendijk D H (2008) Kalraipayattu, The Structure and Essence of Indian Marital
Arts, USA: Gegevens.

Vair
Come Coordinate
Dr. Vivil

A
Dr.
AKish
dear
Academ

Shail
HOD
Dr. Shail
Singh