

## INTRODUCTION

The long history and complex tradition of the Martial Arts is embodied in a variety of forms, methods and weapons, each of which constitutes a particular specialization of the art. The term Martial Arts is a global concept. Martial Arts, an encompassing term is usually reserved for the fighting arts, and to any fighting discipline with or without weapons. Historically, each art or method has developed certain procedures or patterns which set it apart from the procedures and patterns of other arts. The Martial Arts evolved from combative arts into their present diverse forms and continue to evolve to-day. One categorization of Martial Arts would be “With weapons” and “Without weapons”. It can also be divided, based on age, “Traditional” and “Modern”.

Martial Arts represent one of the most pervasive social institutions in our society. Martial Arts permeates social reality i.e., from the societal level down to the individuals. The prevalence of Martial Arts is also reflected in the play of children, which serves as an early means of socialization into sport or Martial Arts activities. Many of the early socialization experiences begin in the family and continue through the life cycle in the form of family leisure and recreation. Participation in Martial Arts extends into the school setting with the progressive levels of formalization and emphasis on performance continuing through the higher education levels.

In recent years the social scientific study of Martial Arts has shed new light on this fascinating area of social life. This new line of record contains potential, not only

for exposing some of the myths about the world of Martial Arts but also contributing new insight and understanding of human social behavior.

Martial Arts have become the object of universal attention and interest not only in the developed societies but also in developing societies. The simple reason for this interest is that they represent a complex and multi-functional social phenomenon. The sociological significance is evident from their interaction with other social phenomenon and their value in character formation. Martial Arts are one of the most important realizations of social life and they are capable of exerting an influence on social production, human behavior patterns and social relationships.

Martial Arts an important factor in ideological education, a means of uniting diverse elements (often more capable of social integration than religion, colour, caste or creed) and a rational utilization of free time. Like other sports and games activity, they represent an area of peaceful competition in spirit of friendship between nations and their citizens. Sociology of Martial Arts is an emerging discipline which deals with Martial Arts as a playful, self-defence, self-protection, rationalistic and rewarding activity. It attempts to understand and investigate the sociological dimensions of Martial Arts and contributes towards understanding the manifestations of general sociological rules in the area of Martial Arts.

In the forthcoming passage the researcher likes to present the Evolution of Martial Arts and the significance influence of Indian Traditions in the World of Martial Arts and Contribution of Indian pioneers to this versatile art form. The researcher also tries to establish that the Indian society is mother of world Martial Arts.

## **1.1 THE EVOLUTION OF MARTIAL ARTS**

There is lot of rich historical evidence to prove the evolution of Martial Arts in Indian Society. These evidences were recorded in scriptures and archeological researches. Unfortunately, this valuable art has migrated to other countries and spread over there. Here the researcher has illustrated the origin of Martial Arts in Indian soil and the way it has extended to other parts of the world.

Martial Arts is an art that has been helping mankind right from the Stone Age. It is the first art which was used by the man who lived in the jungle during the Stone Age to protect himself and to hunt.

The history of ancient human civilization can be split into three ages. They are:

1. Old Stone Age
2. New Stone Age
3. Iron Age

### **OLD STONE AGE (35,000 B.C. TO 10,000 B.C.)**

Old Stone Age is the period when man lived a brutal life in the jungle along with animals. He had made rough and unrefined weapons to hunt and protect himself. These weapons were made out of a rock called calcite and were used mainly to hunt, kill and skin animals, and to protect himself from his enemies.

## **NEW STONE AGE (10,000 B.C. TO 5,000 B.C.)**

New Stone Age is the period when man had started making sharp weapons out of refined stones using his intellect and techniques. This is also the period when bow and arrows were used by man.

## **IRON AGE (AFTER 5000 B.C.)**

Iron Age is the age when man had started making weapons using iron, bronze and copper. Thus Iron Age can also be called as the modern age of the human kind. This was the period when man started to use Martial Arts to protect himself and his properties. He also used Martial Arts for the following reasons:

1. To protect his society or the people of his clan.
2. For peace of mind and his personal needs. (Psychological barrenness of peace)
3. To exhibit his strength and might and perform extraordinary feat (Heroism and Adventure)
4. To project himself and to achieve certain things (human pugilism and pugnacity)
5. To protect himself (Defence complex)
6. Due to anger and jealousy ( anger behavior and spirit of jealousy)
7. To attain leadership (the mastery motive)

In various stages of Iron-age in India, a variety of Martial Arts were introduced by Masters in different names and dimensional aspects. In this period man had developed the society with his high intellectual talent and he developed various Martial Arts form as listed below:

1. Muktha ( throwing)
2. Amuktha (using hands)
3. Mukthmuktha ( throwing and retrieving)
4. Endiramuktha ( chakra)
5. Mandiramuktha ( hitting using manthra)

According to historians' opinion, during this period thousands of weapons like 'bow', 'arrow', 'thada', 'thandam', 'spear', 'sobasamhara', 'pulinegam', 'surul', 'manveti', trident, 'kuthu', 'wood', 'stick', 'animal horns' and 'knife' smeared with venom extracted from leaves were used by our ancestors.

However, it is highly impossible to determine when and where systematic Martial Arts originated. It is because, right from Stone Age, man has always defended himself with sticks and stones. To be specific, we can presume that the art of Kobudo (Weapons art) originated when man first began to use sticks and sharp weapons to defend him. India has always been the birthplace of Martial Arts and the country where many foreigners had come to learn Martial Arts since ancient times.

The researcher wishes to present the evolution of Martial Arts in the Indian perspective supported by historical proof and scripted documents by various sages who had either pioneered the art forms or written on various art forms.

The following table, per Carroll Quingley, the author of *The Evolution of Civilizations*, gives the names and approximate dates of different civilizations Mesopotamian 6000–300 B.C., Egyptian 5500–300 B.C., Indie 3500-1500 B.C., Cretan 3000–1100B.C., Sinic 2000B.C.–A.D.400, Hittite 1900–1000 B.C., Hindu 1500B.C.– A.D.1900, Islamic 600-1940, Chinese 400 -1930, Japanese – 100 B.C. – 1950 A.D.

According to Siddha Medical Research Institute, Bangalore, Tamil Sage Agathiyar was born in 7673 B.C. It proves that the Tamil people have long civilization history compared to other civilizations.

## **AGATHIYAR**

Sage Agathiyar is believed to have been born about 4573 years prior to the commencement of Kali Yuga at a place in Gujurat, in the early hours of Tuesday, 14th of February 7673B.C. He became a disciple of Sage Nandi. He then traveled towards the south to Cambodia and Malaya. In Cambodia he established his very first of his many educational institutions for the propagation of philosophy, science and arts. During Agathiyar’s time Kumari Kandam occupied a vast area from the present day Sri Lanka to Antarctic. Sage Agathiyar has written a book titled “Kambu Suthrum”. In this book he has explained in detail the methods and techniques for handling a stick for self defence. This is the first Martial Arts book known till date. Another historical documents reveals that Agathiyar as a warrior lead an army to protect Tamil people from Nirudhinadu of Africa Nigros during B.C. 16500.

## AGATHIYAR



1.1 - Source: <http://crisiddha.tn.nic.in/siddhars.html>

## BOHAR

Historical researcher also reported that Sage Bohar who lived during the 2nd century had traveled to China and trained the people there. Bohar with the power of his penance was able to excel in the 8 divine arts viz; 1.Mahima, 2.Anima, 3.Elaguma, 4.Karima, 5.Prapthi, 6.Vasthavam, 7.Prakamiyam, 8.Esathuvam. The above said eight divine, some of the important message has been following in the field of Martial Arts.

## BOHAR



1.2 Source:[http://palani\\_murugan.tripod.com/bogar.htm](http://palani_murugan.tripod.com/bogar.htm)

Bohar had also contributed in Siddha medicine, Mantras, and Astrology besides Martial Arts. It is also said that Thiru. Nanthi Thevar had taken many incarnations and his last incarnation was Bohar. It is a historical truth that Bohar had traveled through space to China, Rome, Mecca, and Medina and had returned with his disciple Pulipani and attained Samadhi in Palani.

The book “Bohar Varma Suthiram”, by Says Bohar explains the vital points in our body which are still followed in Martial Arts.

## **TIRUMULAR**

Tirumular, who lived between the fourth and fifth century found out many meditation techniques, breathing techniques and self-defence mechanism. He had written a book titled Tirumandiram. In According to the third Tanthira, of the Nine Tanthiras in Tirumandiram, there are 8 of ways of living. They are 1.Niyamam, 2. Iyamam, 3. Athanam, 4. Pranayamam, 5. Prathiyakaram, 6. Tharanam, 7.Thiyanam and 8.Samathi. Even now in the Martial Arts field we still follow Tirumular’s breathing techniques, physical exercises and meditation practices.

## **TIRUMULAR**



1.3 - Source: <http://thirumoolar.tripod.com/>

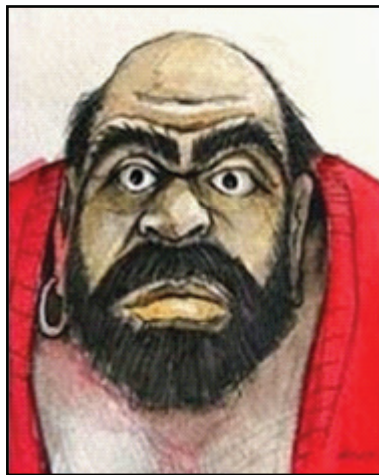


According to this book, Tirumular had stayed in Kanchipuram before settling down in Chidambaram. A disciple of Tirumular had trained 28 students. The 28th Student was Bodhi Dharma.

## **BODHI DHARMA**

Dharma Deshi ruled the kingdom of Chinna Kanchipuram in Tamil Nadu. He belonged to the Pallava Dynasty a Kshatriya clan. He was proficient in warfare, weapons, meditation, medicine and a Martial Art called Vajra Mushti (Strong Fist). Dharma Deshi embraced Buddhism, became a Buddhist monk and was called Bodhi Dharma.

## **BODHI DHARMA**

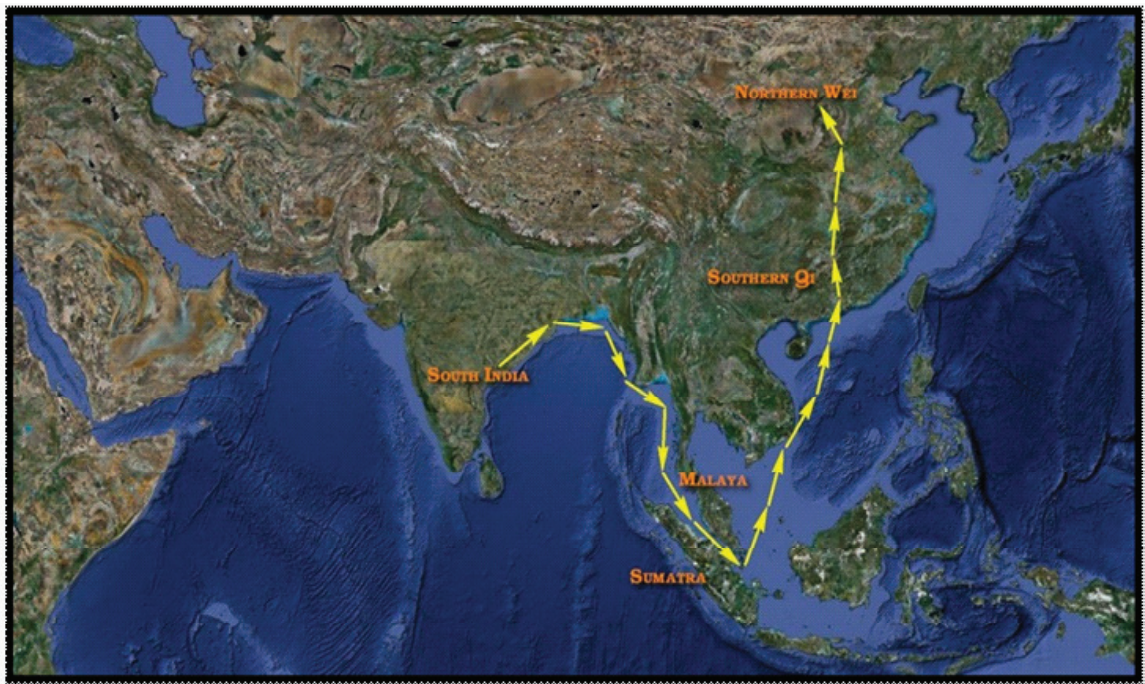


1.4 - Source: [http://deviantmike423.deviantart.com/art/Bodhi Dharma-141909396](http://deviantmike423.deviantart.com/art/Bodhi-Dharma-141909396)

According to historical researchers Bodhi Dharma had 27 teachers before converting into Buddhism and became the 28th follower of Shakiya Muni Buddha. In 525 AD Bodhi Dharma had traveled from South India to Sumatra, Indonesia, Malaysia, Thailand and to China to transmitting his knowledge of Buddhism and Martial Arts.

He started teaching the word of Buddha staying in the temple of Shaolin in the Henan province of China. During his stay in China he witnessed the Buddhist monks falling sick and bed ridden due to some unknown disease. Bodhi Dharma helped them to cure their diseases by teaching the physical exercises, meditation, breathing techniques and self-defence techniques which he had learnt in Kanchipuram. These monks who were cured saw Bodhi Dharma as a God like figure. Bodhi Dharma stayed in China for a period of nine years and later on moved to Japan without any explanation.

### **Bodhi Dharma'S ROUTE FROM INDIA TO CHINA DURING 6TH CENTURY**



1.5 - Source: <http://www.buddhanet-de.net/ancient-buddhist-texts/Maps/Growth-of-Buddhism.htm>

There is evidence in the history; expatriates have collected arts and resources from India, particularly from China, i.e., Fa-Hien, Hiuen Tsang, Sheng He.

## **FA-HIEN OR FAXIAN (AD 337 – 422):**

Fa-Hien was the first Chinese monk to travel to India in search of great Buddhist scriptures. At the age of sixty-five, he traveled, mostly on foot, from Central China taking the southern route through Shenshen, Dunhuang, Khotan, and then over the Himalayas, to Gandhara and Peshawar.

Fa-Hien was about 77 years old when he reached back home. In AD 414 he recorded his visit in 'Record of Buddhist Countries' today known as the 'Travels of Fa-Hien'. It is an excellent geographic account of his journey along the Silk Route and the first comprehensive eyewitness account of the history and customs of Central Asia and India.

### **Fa-Hien**



1.6 - Source: [http://buddhistcircuitbihar.com/Vaishali\\_seen\\_Fa-Hien.html](http://buddhistcircuitbihar.com/Vaishali_seen_Fa-Hien.html)

## **HIUEN TSANG (A.D. 602 - 664)**

Hiuen Tsang was a Chinese traveler who had traveled throughout India in 629 A.D. to research on Buddhism and had studied the art and culture in India. He had also stayed in the Nallanda University and had conducted research on the culture and arts in India and recorded the information in detail. When he was returning to china after 17 years, he carried 520 copies of his work on Buddhism and culture in India sorted 627 volumes on the back of 20 horses.

### **Hiuen Tsang**



1.7 Source: [http://www.palikanon.com/images/hsuen\\_tsang.jpg](http://www.palikanon.com/images/hsuen_tsang.jpg)

These books contained many valuable notes on science, astronomy, mathematics, agriculture and arts in ancient India. These notes are very helpful to the Chinese even today.

## ZHENG HE

In the 14th century, 27,000 Chinese travelers made a voyage into the sea on 317 ships on the approval of king Zhu Di, under the leadership of Captain Zheng He, who was a eunuch.

According to history these voyagers were said to have traveled across India particularly Kochi in Kerala, where they met many king and experts in arts. Many arts are believed to have traveled through China to Japan, particularly Okinawa. It is regrettable that though many arts that have originated in India have spread throughout the world, we and our ancestors have failed to retain or pass on these arts to the next generation.

### Zheng He



Source: [http://staff.imsa.edu/~esmith/treasurefleet/treasurefleet/zheng\\_he.htm](http://staff.imsa.edu/~esmith/treasurefleet/treasurefleet/zheng_he.htm)

But the people in Okinawa Island have from ancient time till today have practiced arts and found out its day to day practical approach and passed the knowledge of their self-defence to their next generation.

## **1.2 DEFINITION OF MARTIAL ARTS**

Martial Arts are disciplined forms of self defence or combat that has been shaped by Asian philosophical ideas defined by Les Nicholass. Martial Arts were used as weapons to survive. It can also be a set of movement used to promote health. It has a structure and every movement has a meaning.

The term Martial Arts has become heavily associated with the fighting arts of Asia, it was originally used in regard to the combat systems of Europe as early as 1550s. An English fencing manual of 1639 used the term in reference specifically to the “Science and Art” of swordplay. The term Martial is derived from Latin, and means “Arts of Mars,” where Mars is the Roman god of war. Some authors, most notably Donn F. Draeger, have argued that fighting arts or fighting systems would be more appropriate on the basis that many Martial Arts were never Martial in the sense of being used or created by professional warriors.

## **1.3 LIST OF MARTIAL ARTS**

There are a large number of distinct styles and schools of Martial Arts. Sometimes, schools or styles are introduced by individual teachers or masters, or as a brand name by a specific school. Martial Arts can be grouped by type or focus, or alternatively by regional origin.

For hybrid Martial Arts, as they originated from the late 19th century and especially after 1950, it may be impossible to identify unique or predominant regional origins. It is not trivial to distinguish “Traditional” from “Modern” Martial

Arts. Chronology isn't the decisive criterion. For example, "Traditional Taekwondo" was developed in the 1950s, while the "Modern" hybrid Martial Art of Bartitsu was developed in 1900.

A large portion of traditional Martial Arts can be categorized as folk wrestling, although in some cases, a folk wrestling style and a modern combat sport may overlap or become indistinguishable from each other, once the sport has been regulated.

<b>Sl. No.</b>	<b>Name of the Country</b>	<b>Name of the Martial Arts</b>
1.	Australia	Zen Do Kai, Coreeda
2.	Bangladesh	Lathikhela, Butthan
3.	Barbados	Bajan stick licking, Bolivia, Tinku
4.	Brazil	Brazilian Jiu-Jitsu/Gracie Jiu-Jitsu, Capoeira, Vale Tudo, Huka-huka
5.	Cambodia	Bokator, Kbachkunboraan, KbachkunDambongveng, Khmer traditional wrestling, PradalSerey
6.	Canada	Okichitaw, Defendo, Wen-Do
7.	China	T'ai chi ch'uan, Wing Chun
8.	Colombia	La Mano Negra (Manegra)
9.	Cuba	El Juego de Maní
10.	England	Quarterstaff, Singlestick
11.	Ethiopia	Surmastickfighting

<b>Sl. No.</b>	<b>Name of the Country</b>	<b>Name of the Martial Arts</b>
12.	Europe	Pygmachia (Ancient Greek Boxing), Pale (Ancient Greek wrestling), Pankration (Ancient Greek Hybrid Combat Sport), Kampfringen (Medieval Wrestling), German school of fencing: French school of fencing, Italian school of swordsmanship, Destreza
13.	France	Savate, Baton Francais, Kinomichi, La Canne
14.	Georgia	Khridoli
15.	Germany	German Ju-Jutsu, Kampfringen, Unifight
16.	Hawaii	KapuKuialua
17.	India	Gatka, Inbuan Wrestling, Kalaripayattu, Mallayuddha, Mardanikhel, Musti-yuddha, Mukna, Pehlwani, SaritSarak, Silambam, Thang-ta, Vajra-musti
18.	Indonesia	Pencaksilat, Bakti Negara, PerisaiDiri, Kuntao, TarungDerajat
19.	Iran	Kung Fu To'a
20.	Ireland	Bataireacht, Bare-knuckle boxing, Collar-and-elbow
21.	Israel	Kapap, KarvMaga
22.	Italy	Nova Scrimia
23.	Japan	Karate, Kobudo, NagiNata, Iaido, Aikido, Judo, Kendo, Kyudo, Ninjutsu, Sumo, Yawara



<b>Sl. No.</b>	<b>Name of the Country</b>	<b>Name of the Martial Arts</b>
24.	Korea	Choi Kwang-Do, GongKwonYusul, Gwonbeop, Gyongdang, HaidongGumdo, Han Mu Do, Han-kido, Hapkido, Hwa Rang Do, KukSool Won, KukSul Do, Kumdo, Shippalgi, Subak, Taek-kyeon, Taekwondo, Tang soo do, Yusul
25.	Laos	Muay Lao
26.	Madagascar	Moraingy
27.	Malaysia	SilatMelayu, Lianpadukan, SeniGayungFatani, SeniGayong, Tomoi
28.	Maori	Mau Rakau
29.	Myanmar	Bando, Banshay, Lethwei
30.	Nigeria	Dambe
31.	Okinawan Martial Arts	Karate, Kobudo, Tegumi
32.	Peru	Bakom/Vacon, Rumi maki
33.	Philippines	Arnis/Eskrima/Kali, Buno, Kuntaw, Kino Mutai, Pananjakman, Panantukan, Sikaran, Yaw-Yan
34.	Portugal	Jogo do Pau
35.	Russia	Army hand-to-hand fight, Russian fist fighting, Sambo, Systema
36.	Scotland	Dirk Dance, Historical fencing in Scotland, Scottish Backhold
37.	Senegal	Laamb Wrestling

<b>Sl. No.</b>	<b>Name of the Country</b>	<b>Name of the Martial Arts</b>
38.	Serbia	Real Aikido, Odbrana
39.	Somalia	Istunka
40.	South Africa	Nguni Stick Fighting, Musangwe
41.	Spain	Keysi Fighting Method, Canarian Wrestling, Juego del Palo
	42.	Sri Lanka
43.	Sudan	Nuba fighting
44.	Thailand	KrabiKrabong, Lerdrit, MuayBoran, Muay Thai, SilatPattani
45.	Togo	Evala wrestling
46.	Trinidad and Tobago	Calinda
47.	Turkey	YagliGures, Turkish Archery
48.	Ukraine	Combat Hopak
49.	United Kingdom	Bare-knuckle boxing - (London Prize Ring rules), Bartitsu, Boxing - (Marquess of Queensberry rules), Defendu, Shin-kicking

Sl. No.	Name of the Country	Name of the Martial Arts
50.	United States	American Karate, American Kenpo, Bojuka, Bok Fu, Close Quarters Combat: Chun Kuk Do, Collegiate wrestling, Danzan-ryū, Emerson Combat Systems : Gaidojutsu, Gouging (fighting style), Jailhouse rock (52 Hands Block/JHR), JeetKune Do, Kajukenbo, Marine Corps Martial Arts Program, Model Mugging, Modern Army Combatives, Oom Yung Doe, SliBeatha, Small Circle Jujutsu, SPEAR System, World War II combatives
51.	Venezuela	El Juego del Garrote
52.	Vietnam (Vo Thuat)	CuongNhu, Nhat Nam, Vovinam

Table 1.1 : Source: [http://en.wikipedia.org/wiki/List\\_of\\_martial\\_arts](http://en.wikipedia.org/wiki/List_of_martial_arts)

## 1.4 TYPES OF MARTIAL ARTS

### A) SILAMBAM (INDIA)

Silambam is a weapon-based Indian Martial Art from Tamil Nadu - India. The word Silambam refers to the staff which is the main weapon used in this system. Masters are called Asaan while grandmasters are addressed as Periyasaan or Iyyan.

There are also numerous sub-sects in Silambam like Nagam-Pathinaru (cobra-16), Kallapathu (thieves ten), Kidamuttu (goat head butting), Kuravanchi, Kalyanavarisai (similar to quarterstaff), Thulukkanam, Saalpatta and so on. These may differ from one another in grip, posture, foot work, length of the stick, etc. Silambam may either

be practiced for the purpose of combat (Porsilambam) or purely for demonstration (Azhangara Silambam).

Oral folklore traces Silambam back several thousand years to the siddhar (enlightened sage) Agathiyar. While on his way to Vellimalai, Agathiyar discussed Hindu philosophy with an old man he met, said to be the god Murugan in disguise. The old man taught him of Kundalini yoga and how to focus prana through the body's nadi (channels). Agathiyar practiced this method of meditation and eventually compiled three texts on palm leaves based on the god's teachings. One of these texts was the Kampu Sutra (Staff Classic) which was said to record advanced fighting theories in verse forms. These poems and the art they described were allegedly passed on to other Siddha and eventually formed the basis of Silambam. This Martial Arts of the Tamil peninsula on the Indian sub-continent, Silambam is said to have its roots from Lord Siva's son, Murugan.

Take for example the famous 'Ying and Yang' symbol (Martial Arts symbol). It represents a combination of opposites like hard and soft, light and dark, and male and female. The origin of Ying and Yang came from the male and female Hindu deities Siva and Shakti. In Bharathanatayam, it is said that Siva was the creator of the dance. He is known as Natarajah, or Lord of the Dance. Likewise, he was known for the creation of scientific Martial Arts and the healing arts like Varma Chuttiram. The Silapathikaram of Tamil literature, dating back to 2nd century A.D., refers to the sale of Silambam staves, swords, pearls and armor to foreign traders. The ancient trading centre at Madurai city, renowned globally, was said to be thronged by Romans, Greek and Egyptians among others who had regular sea trade with the ancient Dravidian kings. The Silambam staff was one of the Martial Arts weapons, which was in great demand with the visitors.

## **A1 TAMIL MARTIAL ARTS IN SOUTHEAST ASIA:**

Between the 2nd and 12th centuries AD the Cholas and Pallavas did extensive sea trade throughout Southeast Asia and China. Various countries periodically came under Tamil rule. At the beginning of the 2nd century AD, Pallava prince Kaundinyan of Kanchipuram became the first king of Cambodia. Much of the historical accounts of the time can be seen in bas reliefs (carvings on walls similar to Mamallapuram wall carvings) at sites like the Angkor Wat and Angkor Thom. The fighting arts and styles can be clearly seen on these walls. At the Prambanan and Borobodur temples of Java, Indonesia the same can be seen in the bas reliefs of the Tamil Martial Arts fighting skills used by ancient warriors. During the 10th century A.D. the Chola Empire was at its peak with their expansion in Southeast Asia. During Raja Raja Chozhan's time parts of Burma, Isthmus of Kra, Malaysia, Sumatra, and Java were under his rule.

Much of the elements of Tamil culture introduced there were dance, cuisine, writing, literature, architecture, and Martial Arts. Here is a list of fighting systems in each Southeast Asian country which had its roots in Varma Kalai, KuttuVarisai, Malyutham, Adithada and Silambam.

The soldiers of Kings Puli Thevan, Commander Ondi Veeran, Veerapandiya Kattabomman (1760–1799) and Maruthu Pandiyar (1748 - 1801) relied mainly on their Silambam prowess in their warfare against the British Army. Indian Martial Arts suffered a decline after the British colonists banned Silambam along with various other systems. They also introduced modern western military training which favored fire-arms over traditional weaponry. During this time, Silambam became more popular in Southeast Asia than its native India.

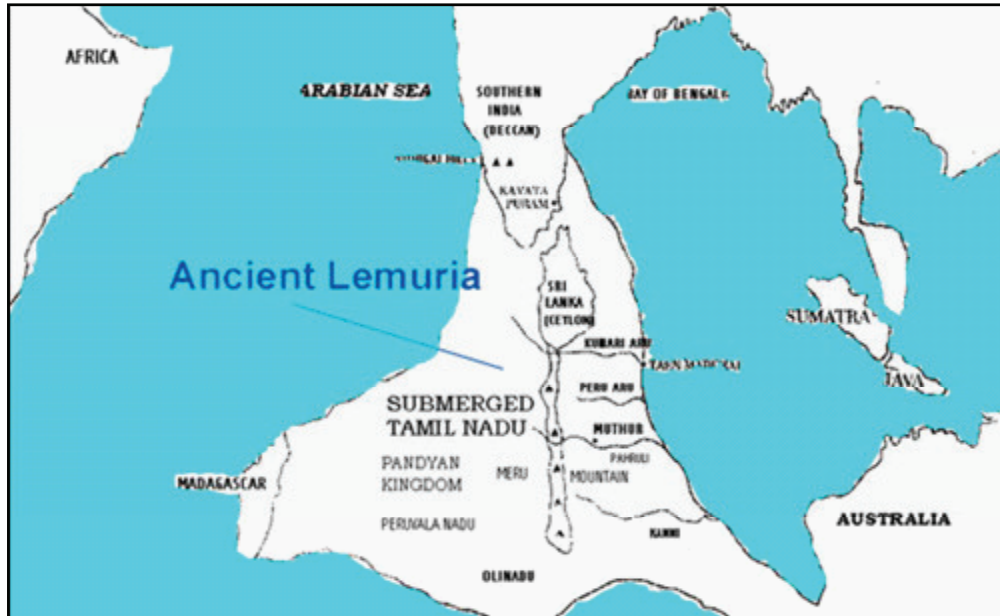
## **A2 KAI SILAMBAM**

Kai Silambam (lit. Hand Silambam) is the unarmed set of techniques in Silambam, also referred to by its main component Kuttu Varisai. First attested to in Sangam literature of the 2nd-1st centuries BC, the term translates as “punching sequence”, from Kuttu meaning punch and Varisai meaning order. Techniques incorporate striking, grappling, throws and locks. Partnered routines are between pairs at first before progressing to several partners at once. Preset forms gradually increase in complexity before students are allowed more and more freedom in their moves and counters. This is meant to teach alertness and how to react quickly to any situation in a fight, and is therefore used only sparingly at first. Over time, as such improvisations became more frequent, with the students responding to each other with reversals and counters in a continuous unending flow, the transition from arranged to free-sparring took place.

Like many other Asian Martial Arts, patterns in Kaisilambam make use of animal-based sets of tiger, snake, elephant, eagle and monkey forms. Advanced students are taught Varmaati or the art of attacking pressure points.

Martial Arts were introduced by the Tamil civilization to China and Southeast Asia. This is evidenced in paintings of Tamil navy venturing into Southeast Asia introducing various arts seen on the bas relief's of numerous temples in places like Cambodia and Indonesia. The ancient city of Kanchipuram where Bodhi Dharma was born is located in Tamil Nadu. The fact that there are similar Martial Arts on the African continent which was brought to Brazil from West Africa also substantiate the fact of the origination of the Thamizhars and other Dravidians through the Lemurian

continent. The Martial Arts of Varma Kalai, KuttuVarisai, Silambam, Malyutham, and Adithada have been in existence for thousands of years. However, the Martial Arts of the Tamils are slowly vanishing.



1.9 - Source: <http://ramanan50.wordpress.com/2013/05/01/lemuria-home-of-tamils-in-ramayana-mahabharata/>

## B) KALARIPAYATRU (INDIA)

Kalaripayatru or Kalaripayattu is an Indian martial art from the southern state of ancient Tamilnadu and Kerala. One of the oldest fighting systems in existence, it is now practiced in Kerala and contiguous parts of Tamil Nadu and among the Malayali community of Malaysia. It was originally practiced in northern and central parts of Kerala and the Tulunadu region of Karnataka. Kalaripayattu practicing place is called “Kuzhikalari” that means, 6feet depth below the ground level, 42 feet length and 21 feet width. The entrance must be facing east. In this Kuzhikalari South West part is called “Poothara”. Kalari practitioners pray to the god in South-West corner before starting the practice. All Kalari weapons are also kept at this place. The practicing

time is called “Brahama Muhurtham”, they do practice as follows: Meidhari, Koldhari, Anghadhari, and empty hand practice.

Kalaripayattu is based on elegant and flexible movements, evasions, jumps and weapons training, while the southern “Adi Murai” style primarily follows the hard impact based techniques with priority in empty hand fighting and pressure point strikes. Both systems make use of internal and external concepts. Some of the flexibility training methods in northern Kalaripayattu are applied in Kerala dance forms. Kathakali dancers who knew Martial Arts were believed to be markedly better than the other performers. Some traditional Indian dance schools still incorporate Kalaripayattu as part of their exercise regiment.

### **C) KUNG-FU (CHINA)**

Bodhi Darma (Dot Mor) traveled from India to the Sil-Lum temple on Mt. Shaoshi in the Sung Mountains in 502-557 A.D. during the Liang Dynasty. Bodhi Dharma was a famous Buddhist monk who taught Zen (chan) Buddhism in the Sil-Lum temple. According to the legend, he noticed the Chinese disciples could not stay awake during long meditations and he introduced the 18 Lohan hand movements. During this time, Kung-Fu split into two systems: Internal (Nei-Dan) and External (Wai-Dan). The beginning of Chi Gung (breath control) evolved from this.

Two classics were written by Bodhi Darma: “Sineu Change Classic” and “Washing Marrow Classic”. From these 18 movements and the said classics, 72 techniques were developed which later evolved into 170 techniques. These techniques were divided into five styles which were called the five formed fist and became the basis



of Sil-Lum kung fu's (Ng Ying Ga) five animal style. 1. Crane, 2. Leopard, 3. Tiger, 4. Snake, 5. Dragon.

Sil-Lum kung fu was taught only to monks in the temple and they were well known for their Martial Arts excellence. They could not leave the temple until they passed a life or death test. Sealed in a chamber the monk had to work his way through a series of traps and wooden dummies that were triggered mechanically. At the end of the chamber was a gate and in front of the gate was a smoldering urn. To leave the chamber, the monks had to move this urn with their arms wrapped around it, which branded their forearms with two dragons which was the symbol of the Sil-Lum inner chamber disciples.

Sil-Lum was taught only to worthy students and the secrets remained in the temple. During the 17th century when China was conquered by the Ching Dynasty, supporters of the Ming Dynasty took refuge in the Sil-Lum temple. The temple was then invaded and destroyed by forces of the Ching Dynasty. During this period a few monks escaped and the secrets of the Sil-Lum temple were closed to the outside world.

Since then the Chinese fighting arts have been divided into many schools. Some schools practise internal styles while some practises external styles. Whichever they practise they still owed the development to Sil-Lum Kung Fu.

#### **D) KARATE (JAPAN)**

According to Martial Arts history, Tamil people practised martial art, called Vajra Musti, Vajra Musti means. Vajra – Diamond or Strongest Gum, Musthi – means

closed fist. This Vajra Musthi martial art includes different kinds of weapons and empty hand techniques with physical exercise and breathing techniques

So many saints, practiced Vajra Musthi, in India. Particularly in Kanchipuram, The saint Dharmadeshi, hailed from Kanchipuram and followed Buddhism. Then his name became Bodhi Dharma.

Bodhi Dharma had been to China with his disciples to spread Buddhism in China in A.D.525. As they were much disturbed while in action, he taught his disciples some blocking methods to protect their lives from enemies.

The Chinese found this as an interesting art which gives self confidence and good physique. This art spread over the country shortly, the art called To-De and also the Okinawan Martial Arts have been influenced by China. According to Donn Draeges, siamere influence was felt largely in the 15th Century. While the major Chinese contribution was during the Tang Dynasty in 1772 there is an official record of Kong Shang Kung a Chinese Kung-Fu master and official demonstrating techniques in Okinawa.

The original art was called, Okinawa-Te (Te- means Hand) Chinese methods were imported than modified by the Okinawans in the practical self defence systems.

Private ownerships of Arms were prohibited in 1407 A.D. by an Okinawan Ruler. Early in the 17th century, Okinawa was occupied by Japan and renewed restrictions on weapons ownership for over 300 years, stimulated empty land compact.

In 1683 the king Sho-Tei ordered Chinese master Wanshu (Wan ji) to travel to Okinawa. Wanshu stayed at Tomari, Okinawa and he taught Chinese Kempo, and

returned to China. Another master To-de expert Kusanku traveled to Shuri, Okinawa in the year 1756, his successor in Okinawa is called To-de Sakugawa, Sakugawa system became Shuri-Te. In 1761 Sakugawa named Kusanku technique as Kusanku Kata. After 100 years Ru Ru Ko, a Chinese master came to Naha, Okinawa, this system became Naha-Te, his successor is Higaonna Kanryo. The founder of Naha-Te master Higaonna Kanryo went to Fukien province in China to study Martial Arts in 1875. Mean while Tomari-Te flourished in Okinawa. The Shuri-Te, Naha-Te and Tomari-Te together is called Okinawa-Te.

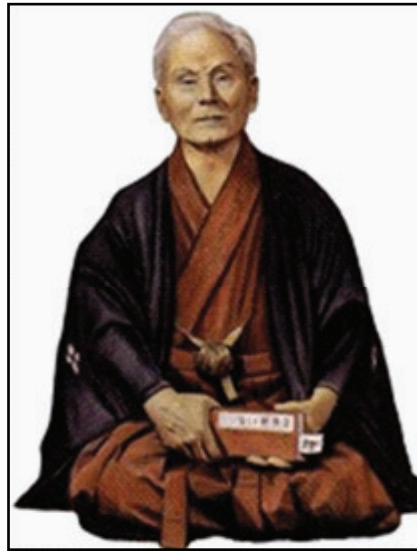
A number of Okinawan masters went to China to study Chojun Miyagi, first studied Shorei-Rya from Kanryo Higanonna (1902-1915) then in 1915 journeyed to China to study Tiger Crane Shaolin and pak-kua. He returned to Okinawa to refine what he learnt and in 1917 he named his new system Goju Ryu (Hard-strong, A karate man is hard inside, soft outside).

In 1922, Japan Board of Education organized, National Athletic Meet, the organizing committee invited Okinawan to demonstrate the Okinawa-Te. Okinawan masters selected Master Gichin Funakoshi, to give demonstration in Athletic meet at Tokyo. The demonstration attracted Japan mainland people and started to learn it. Then the Okinawa-Te became Kara-Te.

Master Gichin Funakoshi who is considered father of modern karate learnt under master Itosu Azato and introduced karate in Japan in 1922. The same year he introduced belt system in Kara-Te. Funakoshi karate was not just a Martial Art, but also a way of building character in individuals.

In 1904 Okinawa-Te (Kara-Te) was introduced as a physical education requirement in the Okinawan Public Schools. In 1931, Karate was officially adopted by the Nippon Butoku Kai, and organizations were formed to identify and systemize the Martial Arts of Japan.

### **Gichin Funakoshi**



1.10 - Source: <http://www.dynamic-karate.com/gichin-funakoshi.html>

Shuri-Te became Shorin-Ryu, and Naha-Te became Goju-Ryu, are the major styles, and the Chinese style became Uechi-Ryu is a minor style of Karate in Okinawa. Shuri-Te, is divided into three styles – they are Kobayashi-Ryu (AzatoAnko), Matsubayashi (ShoshinNagamine) is combined of Goju and Shorin and Chubu Shorin-Ryu (KyanChotoku) is middle part of (Chatan) Okinawa.

Naha-Te was divided into two styles – Goju-Ryu and Uechi-Ryu

Shuri-Te (Shorin-Ryu), was quick and fast in its movements, thus making it preferable for men of small stature whose aim was mastery of quick action. Naha-Te (Goju-Ryu), on the other hand was recommended for heavier larger persons. The

difference between Shuri-Te and Naha-Te lie in the basic movements and method of breathing.

### **E) KOBUDO (OKINAWA-JAPAN)**

Ryukyu Kobudo is the term used for the ancient art of Okinawa Weaponry. The oldest documented history for Kobudo is believed to be around 1762 with Sakugawa Chikodun Peichin Kanga (1733-1815), also nicknamed “Sakugawa Tode” (China Hand Sakugawa). Sakugawa, a native of Okinawa, traveled to China to learn the art of Tode (China Hand) and with it the use of the cudgel (Bo).

#### **Tode Sakugawa**



1.11 - Source: <http://www.kunibakai.co.uk/sakugawa.html>

Another master responsible for the growth of Ryukyu Kobudo was of Yabiku Moden. Yabiku learnt much of his weapons from Chinen Sanda and in 1911 he formed the Ryukyu Kobujutsu Kenkyu Kai, the Association for the Study of Ryukyu Ancient Weapons Arts. In 1925, Yabiku set up his dojo in Gumma Prefecture in mainland Japan. Yabiku’s most famous student was Taira Shinken.

Traditional Kobudo includes the use of the following weapons: Bo (Cudgel), Sai (Metal Fork), Tekko (Horse shoe), Nunchaku (Horse Bridal), Eku (Oar), Tonfa (Mill grind Handle), Kama (Sickle), Tinbe Rochin (Shield and Short Spear), and Suruchin (Weighted Chain).

### **Taira Shinken**



1.12 -Source: <http://www.shotokankarate.ca/master%20taira%20shinken.htm>

The principles of traditional Kobudo are those of physical science. As with any science, there are basic laws that are integral to its application. In training, the primary intention is to mould the body to accord these physical laws. By repetition of movement, it is the goal to master the correct mechanics so that techniques are executed without conscious effort. At this level, the body has been trained into an instrument of offensive and defensive potential.

### **F) JUDO (JAPAN)**

Judo means “gentle way”. A Japanese art of self defence and a sport with Olympic recognition. Judo is now practised in almost every country in the world.

Like ju-jutsu, its forerunner Judo is a method of turning opponent's strength and overcoming by skill rather than sheer strength. Judo in its present form was founded by Jigoro Kano, in 1882, who gave the sport its name.

Judo techniques are divided into three categories: Tachi-waza (standing techniques), Ne-waza (ground techniques), and Atemi-waza (vital point techniques). Tachi-waza (standing techniques) also called Nage-waza (throwing techniques), are subdivided into Te-waza (hand throwing techniques), Koshi-waza (hip techniques), Ashi-waza (foot and leg techniques) and Sutemi-waza (sacrifice techniques) in which one throws one's opponent from a supine position. Ne-waza is a method of fighting an opponent on the ground and is divided into Osaekomi-waza (holding techniques), Shime-waza (strangling techniques) and Kanseto-waza (locking techniques).

Atemi-waza (vital point techniques) includes methods of striking the opponent with either hand or foot. It is practiced only for self defence and is prohibited in competition.

## **G) SUIEI-JUTSU (JAPAN)**

Suiei-Jutsu means "swimming art". It is a form of combative swimming that was part of the Japanese feudal warrior's training. It included methods of silent swimming, staying afloat for prolonged periods, swimming in full armor, and methods of grappling while in the water. Other skills included inatobi (Jumping like a mullet), which taught the warrior to leap from water to land and Shusokugarami, a manner of swimming while the arms and legs were bound.

## **H) SHORINJI KEMPO (JAPAN)**

Doshin So was founder of Shorinji Kempo. Shorinji Kempo was often been described as a mixture of karate and aikido. This art is practised in Japan as a quasi-religious aspect about it, being greatly influenced by the Buddhist sects of Kongozen. Kongo means diamond and Zen is the school of Bodhi Dharma. Practice of this Martial Arts in the west rests mainly on the philosophy and applied techniques, rather than adherence to religious principles. As the Martial arts of Shorinji Kempo grew Doshin So began to realize his dream of universal brother hood. His Martial Arts philosophy became more and more profound and he gave such precepts as ‘work harder from this day onwards to build a happy and peaceful society’. He desired that his art would be treated as a religion. Shorinji Kempo techniques are based first upon defence, attack is the last resort. The most important principle in this fighting system is the application of pressure to the vital points of the human body. This knowledge was liberally gleaned from ancient Chinese medical treatises. Shorinji designates 142 vital points on the human body.

## **I) AIKIDO (JAPAN)**

Aikido was founded by Morihei Uyeshiba in 1942. Aikido means the way of harmony. The fundamental principles of the Martial Arts were love and not combat, and love of the Universal kind. The Martial Arts of the true way were not about brutal force and injury, but harmony and the promotion of power. Through Aikido mind and body are united with spiritual harmony and universal love. In 1942 Aikido was officially recognized as the name of new art in Japan.



## **J) TAE-KWON-DO (KOREA)**

Taekwondo is a young martial art with an ancient history. In its modern form it was systematized by General Choi Hong Hi in 1954-55. At that time it was given the name Taekwondo. Although Taekwondo was formed in its modern style during the middle of the 20th century it was natural continuation of the evolution of the Korean Martial Arts and to be more precise - of the traditional Taek Kyon (its characteristic high kicks are the basic of Taekwondo techniques) and Subak. That's the reason why we find it necessary to trace the history of the Korean Martial Arts back to their origin.

In 1910 the occupation army of Japan conquered Korea. That time the Japanese banned the National Korean Martial Arts totally. Just a few privileged men were allowed to practise Judo and Kum Do. The Koreans who were cadets in Japanese military schools could train Karate and Aikijutsu too. Despite the prohibition under death penalty the Korean Martial Arts flourished. They became the main weapon in the anti-aggressive struggle.

A great contribution for the development of the modern Taekwondo was General Choi Hong Hi. He was born on 9 November 1918. As a child Choi was a weak and delicate boy. He began studying calligraphy. His teacher Han Il Dong noticed the bad health of his young student and started training him in Taekkyon as well. Then Choi studied in Japan where he attained the rank of 2nd degree black belt in Karate. After the end of the Second World War he came back to his liberated country. There he joined the army of the new Republic of Korea. As a company commander he trained his soldiers in a fighting system combining the techniques of Karate hand hits with Taekkyon kicks. In those days there were many different martial schools with great masters. Choi Hong Hi worked hard on his mastery perfection and organized his own

school. On 11 April 1955 a special board of the new Korean martial art summoned by General Choi decided on the name of Taekwondo which had been submitted by him.

### **K) HAPKIDO (KOREA)**

Hapkido means a “way of co-ordinated power”. A Korean Martial Art characterized by kicking without retraction and composed of three primary skills; non resistance when meeting force, circular motion in countering and attacking, and the water principle – total penetration of an enemy’s defences.

Hapkido emphasizes a non-violent code of counter defence. If the force of an attacker’s blow is strong, it must be met with soft reception and counter moves. If the force is soft, it must be countered with a powerful defence. This approach leads to the fluid circular motion and constant mobility which sets Hapkido apart from any other art and makes it extremely difficult to master.

### **L) KAJUKEN BO (HAWAII)**

A hybrid method of combat was founded in Hawaii in 1947 by five experts: Walter Choo (Karate), Joseph Holke (Judo), Frank Ordonez (Ju-jutsu), Adriano Emperado (Kenpo), and Charence Chang (Chinese Boxing). The name “Kajukenbo” was derived from the five martial disciplines of its founders: Ka from Karate, Ju from Judo and Ju-jutsu, Ken from Kenpo and Bo from Chinese Boxing.

### **M) BERSILAT (MALAYSIA)**

Master Hang Tuah was the founder of Bersilat. Bersilat is an ancient Malaysian art of self defence, dating back to the early part of the fifteenth century.

Today, this art is generally called Silat. At one time, due to its religious aspects, only Muslims were allowed to practice the art. But it is now opening up to the Westerners. It consists of many diverse forms which are also widespread throughout Indonesia. The art developed in the agricultural areas, where most of its instructors lived and worked. A skillful Silat fighter can pin point with dead accuracy, the 12 vital sports of critical nerve centers on the human body. The founder Hang Tauh is said to have gone into the mountains for several years in search of a maha-guru (a grand master) to teach him the skills of this once popular and select secret Martial Arts.

#### **N) BANDO (BURMA)**

Bando was first introduced to the west, by a Burmese doctor named Maung Gyi in 1959. Although the art is native in origin and said to date back many hundreds of years, it is only in recent times, since World War II, that it was gained any kind of prominence. The system does have an underlying philosophy which seems to create a balance between practical results and inner qualities of humanity. Bando means “way of the disciplines”. The art is based upon twelve animals and practitioners usually select and attribute one or more of these animals and then train in that particular system. The breathing techniques of Bando are very different from those of other Martial Arts.

#### **O) SAMBO (RUSSIA)**

Russian Sambo wrestling was developed from many sources. In 1936 a prominent Wrestler named Anatoly Harlmpief decided to do research with many of his country’s folk wrestling methods and combined them with a system not seen anywhere else in the world. The result of his endeavors was “Sambo”. In 1938 the Soviet Union’s national sports committee officially accepted Sambo wrestling as an authentic Martial

Arts and part of the Russian national heritage and as such they designated it as a bonafide sport.

Although Russian Sambo appears to consist of an assorted collection of wrestling methods it has proved its worth on countless occasions on the mat. Sambo is a combination of two main styles that can be found in Central Asia. One of these specializes in throwing techniques from a standing position, and the other in the ground technique of locks and holds. The word Sambo is a Russian acronym from “self defence without arms”. It has about 60 basic techniques.

#### **P) SAVATE (FRANCE)**

Savate is a French Martial Art chiefly concerned with fighting with the feet. Savate is distinctly different from “Boxe Francaise” which is the traditional form of French Boxing. It is believed that the latter was developed from Savate in 1830. One of the greatest teachers of the art was a Parisian named Michel Pisseux. Savate is the only Martial Art with Asian origins that developed in Europe before the advent of Judo, nearly 100 years later. Savate and French Boxing are enjoying a revival in Paris, with schools in Britain and America.

#### **Q) KALI (PHILIPPINES)**

The Philippines is a collection of Islands in the South China Sea. For hundreds of years these islands have experienced foreign invasion, from the Moors to the Americans. The native Islanders observed many Martial Arts techniques and incorporated them into their own ancient indigenous art of Kali. The name Kali comes from the native word Kalis, meaning Blade or Knife. The Muslim – Filipinos, known

as the Moros, were experts in this specialized Martial Art. Kali is both an armed and unarmed martial system and strangely, a beginner learns to use the weapons first and the unarmed self-defence last. One weapon is a native knife known as a Bolo in one hand and a dagger in the other. There are many styles of Filipino stick fighting because each of the Islands developed their own particular methods. The Filipino Martial Art Kali and its off shoot, Escrima or Arnis are always presented as stick or blade arts. But Kali is very much a complete Martial Arts. Nothing needs to be added or removed to improve its combat effectiveness.

## **R) CAPIOERA (BRAZIL)**

One of the most over looked Martial Arts in the world is that of Brazils Capoiara. This art was born out of slavery, in personal defence of cruelty and persecution.

Capoiara was invented by the blacks to fight the vicious slave owners and had its most terrifying results in the slave uprisings. For centuries the blacks kept their art alive under a sworn oath of secrecy. It is believed that the origin of the art lies in certain African folk dances and adapted to suit the purposes of self defence. It was through these dances the slaves managed to hide the lethal aspects of this Martial Art from the land owners.

In 1965 the Brazilian government recognized Capoiara as a native art from and consequently accepted it as a sport. Over the last two centuries Capoiara has become widespread throughout South America. In the late 1970's it was taken to the U.S.A. by a student of the great master "Bimba", Bira Almeida.

Capoiera is not a complicated Martial Art. It has little more than 72 defined separate movements. Many of its techniques have colourful titles such as, tail of the Dragon fish, Daddys scissors and Banana Plant.

## **1.5 THE FUNDAMENTAL PRINCIPLES OF MARTIAL ARTS**

The martial arts, have their origins in their age-old martial spirit of world. Through centuries of historical and social changes, these forms of traditional culture evolved from combat techniques into the way of self-development.

Seeking the perfect unity of mind and technique, Martial Arts has been refined and cultivated into ways of physical training and spiritual development. The study of Martial Arts encourages courteous behavior, advances technical proficiency, strengthens the body, and perfects the mind. Modern society has inherited traditional values through Martial Arts which continue to play a significant role in the formation of the human personality, serving as sources of boundless energy and rejuvenation. As such, Martial Arts have attracted strong interest internationally, and are studied around the world.

However, a trend towards infatuation just with technical ability compounded by an excessive concern with winning is a severe threat to the essence of Martial Arts. To prevent any possible misrepresentation, practitioners of Martial Arts must continually engage in self-examination and endeavor to perfect and preserve this traditional culture.

The Martial Arts society established norms or the character in order to uphold the fundamental principles of Martial Arts.

**Principle 1: Objective of Martial Arts:** Though physical and mental training in the modern Martial Arts ways, Martial Arts exponents seek to build the character, enhance their sense of judgment, and become disciplined individuals capable of making contributions to the society at large.

**Principle 2: Training:** When training in Martial Arts, practitioners must always act with respect and courtesy, adhere to the prescribed fundamentals of the art and resist the temptation to pursue mere technical skill rather than strive towards the perfect unity of mind, body and technique.

**Principle 3: Competition:** Whether competing in a match or doing set forms (kata), exponents must externalize the spirit underlying Martial Arts. They must do their best at all times, wining with modesty, accepting defeat gracefully, and constantly exhibiting self-control.

**Principle 4: Training Hall:** The Martial Arts practicing hall is a special place for training the mind and body. In the hall, Martial Arts practitioners must maintain discipline, and show proper courtesies and respect. The hall should be a quiet, clean, afe and solemn environment.

**Principle 5: Teaching:** The Martial Arts teachers should always encourage others to also strive to better themselves and diligently train their minds and bodies, while continuing to further their understanding of the technical principles of Martial Arts. Teachers should not allow focus to be put on winning or losing in competition, or

on technical ability alone. Above all, teachers have a responsibility to set an example as role models.

**Principle 6: Promoting Martial Art:** Persons promoting Martial Arts must maintain an open-minded and international perspective as they uphold traditional values. They should make efforts to contribute to research and teaching, and do their utmost to advance Martial Arts in every way.

## **1.6 CONTRIBUTION OF MARTIAL ARTS TOWARDS SOCIETY**

Martial Arts have significant consequences in the society. It is the best ground for human resource development and quality of human beings. It helps in development of human resources in three ways: (i) Individual physical fitness (ii) Develops mental fitness by producing mental alertness and (iii) Helps in the formation of character by inculcating team spirit, loyalty and altruism. It socializes a person and prepares him to play an adult role in society. Martial Arts act as an informal agency of social control. It provides ventilation for pent up feelings and refused desires. It channelizes the aggressive instinct of man in un-harmful activity and thus provide a ground for conflict resolution. It is associated with group identity.

In view of the above background the present study aims to examine the socio-economic background of students, in Martial Arts, reasons for participating in Martial Arts, social support enjoyed by the student and the implications of Martial Arts at individual level.



By seeing overall rich evidence, evolutions and long history of Martial Arts, made the me to do a research in the field of Martial Arts. The research will prove the supreme culture of Martial Arts paved the great role in Indian History. In future Martial Arts is very essential for each individual to protect himself in the present world and further the subject “Martial Arts” will become an academic area.

The relationship between Society and Martial Arts is not one sided. Martial Arts do not remain on the receiving end only. It has significant consequences for society. For example, Hiroshi Akamine has rightly pointed out that “I believe that Martial Arts, all in one of the few bits of glue that holds our society together, one of the few activities where younger people can proceed along traditional lines, where he can learn how to win, and how to lose”. The fundamentals of character are gained through participation in sports and martial art, under right leadership, and a person who lacks these fundamentals may be sensitive, refined, and cultural but will lack the vital character, qualities most needed and esteemed by the society.” However, the major social functions of Martial Arts may be discussed as follows:

## **I - HUMAN RESOURCE DEVELOPMENT**

Martial Arts are the best ground which may provide facilities for the human resource development of a society. It is ultimately the quality of human beings which matters. A society may be rich in natural resources, advanced in technology and science, developed in commerce and industry, but if it lags in development of human character, health and spirit, it would ultimately fail as a social system and fall from the galaxy of the community of nations. Martial Arts help in the development of human resources in

three ways: firstly, Martial Arts induce physical fitness, Secondly, they develop mental fitness by producing mental alertness, they infuse goal-orientation and achievement-orientation, and Lastly, they help in the formation of character by inculcating team-spirit, loyalty and altruism. Thus, Martial Arts are field where seeds of high character are sown and a harvest of better men is reaped.

## **II - SOCIALIZATION AND SOCIAL CONTROL**

Socialization is a process by which individual learn the culture of their societies known as socialization. Every successive generation of a society is molded in accordance with its social norms and values. According to Lundberg, socialization consists of the “complex processes of interaction through which the individual learns the habits, skills, beliefs and standards of judgment that are necessary for his effective participation in social group and communities.” George H. Mead studied children plays and observed how games provided “a medium for the development of self”. Goffman has pointed out that the games were a “situated activity system” or focused gathering having rules fore role playing and interaction for all participants.

Sociologists accepted unanimously on the role of Martial Arts in the process of socializations. The heart of socialization is the development of self and it’s a continuous process. Learning Martial Arts is an agency of socialization. A good education makes the child a good citizen, while a bad education turns him in to an animal. By learning Martial Arts, individuals inculcate self-discipline, self control, respect elders, basic etiquettes and avoiding bad habits.

Social control is a part of socialization. Through socialization, social control becomes ipso- facto effective. In order to maintain social order, there are definite procedures in the society. These become a part of man's life, and a man gets adjusted to the society.

Martial Arts act as an informal agency of Social Control. Discipline is the key word in Martial Arts. Martial Arts practitioners are trained to observe the rules of the art and self-discipline is taught through Martial Arts. The vigorous practice of the Martial Arts tends to produce a well-disciplined person who is strong enough to evaluate dispassionately his own merits and failures. There is a popular Martial Arts slogan "Strong men criticize themselves". In Japan, there are popular slogans which reflect the significance of Martial art as a means of social control:

'First know about yourself and then Know others'

'the way you live is the way you play'

'Never forget that Martial Arts begins and ends with respect'

'first obey, then protest'

Martial Arts provide ventilation for pent-up feelings and repressed desires. It channelizes the aggressive instinct of a man in unharmed activity and thus provides a ground for conflict resolution. In fact, it highlights that more a society is Martial Arts loving, the more it is a disciplined society.

## **1.7 SIGNIFICANCE OF MARTIAL ARTS IN SOCIETY**

Any country in the world has its share of social woes: corruption, a rising crime rates, increase in instances of lifestyle related diseases, declining birth rate which was

frightening implication for the future welfare of its people, and growing number of dislocated, embittered youth. The Martial Arts way are being increasingly routed as one way of helping to remedy this situation. It does have the potential, if taught correctly, to give practitioners direction in life, the confidence to overcome adversity, a sense of justice and respect for other people. Furthermore, the beauty of Martial Arts is that they are truly universal in nature. They can be studied by people of all ages, regardless of sex, colour or creed, for their entire life time.

General belief is believe that one becomes a “good person”, just by virtue of studying Martial Arts, however, if one wish to utilize it has a framework for personal development, a latent possibilities are immense. Martial Arts, has significant consequences for society. It is the best ground for human resource development and quality of human beings. It helps in development of human resources as follows: (i) Individual physical fitness (ii) develops mental fitness by producing mental alertness and (iii) helps in the formation of character by inculcating team spirit, loyalty and altruism and develop self control and health status. It socializes a person and prepares him to play an adult role in society. Martial Arts act as informal agency of social control. It provides ventilation for pent up feelings and refused desires. It channelizes the aggressive instinct of man’s in un-harmful activity and thus provide a ground for conflict resolution. It is associated with group identity.

## **1.8 REASONS FOR PRACTISING MARTIAL ARTS**

There are some significant reasons, which emphasize the Martial Arts training for adults and children; These are Fostering Self-Discipline, Boosting Socialization

Skills, Encouraging Physical Activity, Learning to Set and Achieve Goals, Increased Self-Esteem, Instilling a Sense of Respect, Improving Listening Skills, Developing Teamwork Skills and Improvement in Other Areas of Life.

There are several research studies done in the field of Sports, namely Volleyball, Basket Ball, Hand Ball, Athletics, and Cricket. But, in the field of Martial Arts research is unfocussed by the researcher in last several years. There is a wide gap between Martial Arts and academic institutions. It's a need of the hour to concentrate in the field of Martial Arts Research. Martial Arts is a vast subject and it needs different research studies in various dimensions for future generations, because it is a way of life.

This research will help us to find the self defence mechanism, develop health, and safety in every individual in society. Martial Arts were originated in Ancient India, which has rich traditional values and heritage in Indian society. At present 194 countries in the world, but only 52 countries have their own traditional Martial Arts (181) and it is practised around the world.

In this context, this research focuses to study the importance of Martial Arts and assess the socio-economic status, social support and health of the Martial Arts practitioners in Chennai city.

## **1.9 OPERATIONAL DEFINITION**

**Health Status** – Health has a state of complete physical, mental and social well being, and not merely the absence of disease or injury.

- Kobudo** – The ancient Okinawan Weapons Martial Art, include Bo, Sai, Tekko, Kama, Tonfa, Eiku, Nun-Chacku, and Timbe – Rochin.
- Koshi-waza** – Koshiwaza means hip technique. For any martial art koshi-waza is a basic to deliver the power.
- Martial Arts** – Martial Arts are disciplined forms of self defence or combat, that has been shaped by Asian philosophical ideas. Martial Arts were used as a weapon to survive. It can also be a set of movements used to promote health, it has structure and every movement has a meaning.
- Osaekomi-waza** – This term of technique is used in Judo, it means holding techniques.
- Pizhichal** – Pizhichal means massage, used for Kalari practitioners after practice.
- Poothara** – Kalari practitioners praying to the god in South-West corner before starting practice. This method is called Poothara.
- Sensei** – In Japanese term, A Martial Arts Teacher is called Sensei.
- Shuri-te** - Okinawa Island old name is RyuKyu Island. RyuKyu Island is divided into three. They are called Shuri, Naha and Tomari.

People who practiced Okinawa-Te at Shuri, they called Shuri-Te, People who practiced in Naha, they called Naha-Te.

**Social Control** – The some of those methods by which a society tries to influence human behaviour to maintain a given order.

**Vajra Mushti** – Vajra Mushti is ancient Martial Art in India. Vajra means diamond or strong paste which is used for bonding the strong two pieces, Mushti means closed hand (Fist). So Vajra Mushti means Strong Fist.