

# **FUNDAMENTALS IN SILAMBAM FENCING EDUCATION**

## **Unit I**

- Meaning – Definitions – Need – Nature – Aim and Objectives – Philosophy and Scope of Silambam Fencing – Modern spirits in Silambam Fencing – Misconceptions and Clarification about Silambam Fencing and Education, Silambam Fencing and Physical Education, Schools of Silambam Fencing.

## **Unit II**

- History of Silambam Fencing – Origin, Self defense, Hunting for prey – Originised Hunting – Scientific neurology in trapping and hunting – evolution of scientific in the military circles Aasans/coaches and teachers constitutions.

## **Unit III**

- Contribution to Silambam Fencing – jungle men Aasans/Coaches/Teachers – Festivals and Recreative aspects – Contributions of various exponents in diverse religious contributions through literature teachers and literary leaders – modern who gave a boot to...

## **Unit V**

- Posture – Postural tane – Components of good posture – Bad Posture – Beneficial – Silambam Fencing practices on ...

## **METHODS OF YOGIC EXERCISES**

### **UNIT I**

- Concept of Silambam Fencing practices – Principles - ... Exercises (waring up and waring down exercises).
- Introduction to the battery of moral foot with pattern – Benefits of flexibility exercises – crossweber test.
- Military ... for body twirls.

### **UNIT II**

- Silambam Fencing - a martial combat sport
- Difference between... physical exercises & techniques of Attach & Defense.
- Methods of practice, Breathing
- Obesities – control shell development, ... form enhanced – Balistic exercise.

### **UNIT III**

- Methods in Fencing of body parts.
- Kerala Kattai
- Practices of pairs for “Shell learning” Dermas.

### **UNIT IV**

- Fencing...
- Meaning of S.F. Scope of S.F.
- Controlled Sport for all

### **UNIT V**

- Aerlatic Value
- Exercise value – for all age group for family enjoy...

# PRACTICAL ON SILAMBAM FENCING

## UNIT I

- Warm-up Routine – Freeland Exercises
- Slow jogging 50 meter
- Learning Exercises
- Arm rotation clockwise & anti-clockwise
- Jumping Jack – Bending & Stretching exercises – slow & fast 8 counts

## UNIT II

- (Silambam wand) Drills
- Keep it in front – rains up and ... down.
- Tilt it to the left
- Tilt it to the right
- Centre grip (left to right swing)
- Right to left swing

## UNIT III

- Hold stave in front of the chest – Two land proximal end grip.
- Jog and run backward
- Jog and run to the left side with cross step
- Jog and run to the right side with cross step
- Squat & hold the Stave at hip level & do whipping action to the left & turn right & alternate to left & right
- Military Swing – Dog/Swing.

## UNIT IV

- Zig Zag running holding the Stave at chest level passing
- Run to the front
- Run to the rear with out turning.

## UNIT V

- Two footed jump forward
- Two footed jump backward
- Under the arm-pit swing from the front to the back
- Under the arm- pit swing from the rear side to the front
- **Pivot Swings** : Three circle move forward  
Four circle move to the rear

# **SILAMBAM FENCING PSYCHOLOGY AND THERAPIES**

## **UNIT I**

- Psychology – Meaning – Definitions – Natures – Need and scope of Psychology, Branches of Psychology, Relationship of Psychology and Silambam Fencing.
- Role of Silambam Fencing and Growth and Development – Learning – Motivation – Emotions and personality. Silambam Fencing for super consciousness – Silambam Fencing practices for balancing.
- Mind set – concentration.

## **UNIT II**

- Meaning – Definitions – Need – Scope of Sportsman – Corps – volumes – learning through Silambam Fencing - as a martial combat Sport.

### ***Challenges:***

- Physical, Medical, Moral, Social, Cultural Sociological, Virtues, Leadership Training – Competitive Spirit.

## **UNIT III**

- Physiology and pathology in the Silambam Fencing routine practices – Descriptions of the Glands – Common ailments – Introduction to alternative medicine and therapies .

## **UNIT IV**

- Selective Silambam Fencing practices & exercise batteries for Heart Problems – Asthma, Arthritis, Back pains, Constipation, Diabetes mellitus, Obesity, Mental Disorders.
- Selective Silambam Fencing – for Anxiety, Stress, Mental Irregularities, Epilepsy, Diseases, Anxiety, Stress, menstrual irregularities.

## **UNIT V**

- Silambam Fencing Diet (Ref. Tamil Book – Traditional & Balanced Diet man advocated – Nuts, Cashew, Walnut – Principles of Diet – Ideal Silambam Fencing Diet – Chart, Fitness, Wellness, Positive Health, Strength increasing factors.