

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI-6**

Name of the Course:	:	Diploma in Kalaripayattu
Stream	:	Distance Education
Educational Qualification	:	Plus 2
Duration	:	One year
Medium of Instruction	:	English
Year of Commencement	:	2010 - 2011

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INTRODUCTION DESCRIPTION TECHNIQUES AND THERAPY OF KALARIPAYATTU

PAPER - I

Unit I

History and development: Sources – traditional method – training – varman training centres
Sampradhayams – Evaluations – Bone – current trends - Various regions – region wise
uniqueness – methods concept – Practice.

Unit II

Classification: Based on region – system of northern – southern – central – section of people –
unique style. Difference – Similarities – major system of kalari – religion belief – based on animal
pathern – received changes.

Unit III

Curriculum - theoretical Knowledge – technique. Types of techniques –marma adi – marma
vidhya / Varma kalai – Classifications.

Unit IV

Effects – Benefits. Difference therapy involved – Various system of kalaripayattu.
Marmam – Massage –Varman Massage usages.

Unit V

Injuries – Types – certain method of revival - injuries management - precaution during practice.

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ANATOMY AND PHYSIOLOGY

PAPER- II

Unit – I

General concept of Anatomy – cells – Tissues – Bones – Types and Functions

Unit – II

Cardio Vascular System – Structure and functions –Respiratory system – Structure and function Lungs – Mechanism of Respiration -

Unit – III

Muscular system – Types of Muscles - Structure and functions – Digestive system – structure and function.

Unit – IV

Nervous system – central – peripheral and autonomous

Unit – V

Excretory System – Structure and Functions of Kidney – Nephron – Structure and Functions of Skin

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Practical -I

EMPTY HAND TECHNIQUES

Basic Stances and Movements - Basic Leg Swings - Basic Hand Techniques - Basic Leg Techniques - Basic Block & Dodge Techniques - Mei Thari - Chumadu/Chuvadadu - Adavu - Kai Por - Locks - Throws - Basic Ghusti - Breathing Workouts

Practical -II

WEAPON TECHNIQUES

Kuruvadi - Vettu Kathi/Machete - Long Stick Techniques - Short Stick (Chiramam/Muchan) Techniques - Basic Knife (Kadara) Techniques - Curved Stick (Otta) Techniques - Sword & Shield Techniques