

# Tamil Nadu Physical Education and Sports University

Chennai – 600 006.



*Name of the Course* : **Diploma in “SILAMBAM FENCING”**

*Educational Qualification* : 12<sup>th</sup> Standard

*Stream* : Distance Education

*Duration* : Six Months

**Tamil Nadu Physical Education  
and Sports University**

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***Diploma in “SILAMBAM FENCING”***

**DISTANCE EDUCATION**

**SYLLABUS**

<b>Paper Code</b>	<b>Name of the Subject</b>	<b>Total</b>
DCISF101	Fundamentals and Methods of Silambam Fencing Practices	100
DCISF102	Anatomy and Physiology	100
DCISF103	Practical I - on Silambam Fencing	100
DCYP104	Practical II – on Silambam Fencing	100
	<b>TOTAL</b>	<b>400</b>

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**DISTANCE EDUCATION**

**SYLLABUS**

<b>Paper No.</b>	<b>Name of the Paper</b>	<b>Internal</b>	<b>External</b>	<b>Total Marks</b>
I.	Fundamentals and Methods of Silambam Fencing	25	75	100
II.	Anatomy and Physiology	25	75	100
Practical				
I.	Practical – I	25	75	100
II.	Practical – II	25	75	100
	<b>TOTAL</b>	<b>100</b>	<b>300</b>	<b>400</b>

# **PAPER I : Fundamentals and Methods of Silambam Fencing Practices**

## **Unit I**

Definition : Silambam – Etymology – Silambam Fencing – Martial Art – Duel – Combat – Need – Scope – Philosophy – Silambalogy

## **Unit II**

Misconception – Conversion of Silambam Fencing as a Combative Martial Sport since 1940 AD – “Quarter Staff” of England Akin to Silambam Fencing – Benefits of Silambam Fencing.

## **Unit III**

Aims and Objectives as per the charter of the International Silambam Fencing Association founded on the 14<sup>th</sup> December 1975 – Benefits:- As 22 Doctors in Physical Education in India and USA.

## **Unit IV**

Origin and Development of Silambam Fencing from 3500 BC to 1940 AD (British Period) - Spurt of Growth from 1940 AD in India to 1977 AD in USA – Research Contributions in Colleges of Physical Education in India and USA

## **UNIT V**

Rules of Combat – Officiating Techniques of Attack and Defence – Techniques and Technologies reaching the Zenith by 2005 AD - Fundamental Attack and Defence Tactics

## **PRACTICAL I :**

### **UNIT I**

Speedy Foot-work Pattern : One step Move – Forward and Rearward – Two Step move –Forward and Backward – 3 Circle and 4 Circle moves without and with the Cane Bamboo Weapon – Insist on Speed and accuracy of Performance

### **UNIT II**

Military Swings of Cane-Bamboo Weapon from Squat / Half standing crouch position / an standing position – “Skip-step” to attack and defence patterns

### **UNIT III**

Learning to change various grips on the Stave – According to exigencies – Pivot turns

### **UNIT IV**

Various Patterns of Feinting – “Sliding” the weapon on the opponents stave - technique.

### **UNIT V**

One to One attack – One to two attack strategies – Military swing attack – One against Five Melee attack and defence

## **PRACTICAL II:**

### UNIT I

Short Sprints for speed – Shuttle Runs – “On the Spot” speed running - Silambam Fencing basic Foot-work (Suvadhu Muraigals) - CartWheel Moves – Leaps: upward and land gently –Pivot-turns (Clockwise and anti-clockwise) – Pivot-turns with jumps combined

### UNIT II

Bounce (Not Entirely springing off the Floor, but Just getting the heels off – Stand still position : Swing the left leg over the right leg – swing the right leg over the left leg – Swing the left leg forward and backward (without bending the left at the knee) – Swing the Right leg forward and backward (without bending the right leg at the knee) - Hop forward for 2 feet and land with balance – Hop for 2 feet rearward (without losing balance) – Hop Sideward to the left and right side (land with balance).

**Note :** Hold the Silambam Stick while doing the above exercises

### UNIT III

Battery of exercises for a good range of Flexibility of Joints :- Ankels-knees – hips - Wrist – Elbows – Sholder joints – Neck joint -

### UNIT IV

Using of Gadgets to gain accuracy – Speed – Agility – Co-ordination (Examples : Rubber-Man – Tight Corner – Hitting Bulls-eye targets – Zig-zag run ways around skittles

### UNIT V

Sparring : - In pairs – against threes – against four corner-men – one against five (combatants around a circle) – Offence: Progressive fundamental strokes (5 to 8 kinds) – Defence : Progressive fundamental strokes (5 to 8 kinds) – Free sparring (Atwill method)

## REFERENCE LITERATURE

### Books

David Manuel Raj. J (1971), Silambam Technique and Evaluation, (Palayamkottai: Fathima Press, Tamilnadu), pp.36-107.

David Manuel Raj. J (1973), Silambam Adimuraigalum, Varalarum (English Transliteration – Karaikudi : The South Indian Press, Tamilnadu), pp.41-119.

David Manuel Raj. J (1975), Silambam Fencing from India, (Palayamkottai: Fathima Printing Press: Tamilnadu), pp.45, 54-119.

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David Manuel Raj. J (1976), “Silambam Fencing” – “An Indian Martial Art with its Fascinating Techniques and Technologies”. Silambam Fencing – A Wielding Combat Sport of India for Women and Men (Eugene, USA: Dormitory – Room No.203, Campus of University of Oregon, Oregon State, USA), Vol.I, Issue.3, pp.3-5.

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### Bible

Fabricius (Trans), (1972), Old Testament (Tamil Bible), (Tranquebar: Danish Mission, 11 Samuel 2:14).

New American Standard Bible (1995), New Testament, (Michigan Zonder Van Publishing House, Grand Rapids, 49530, USA), pp.26,27

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New American Standard Bible (1995), Old Testament, (Michigan Zonder Van Publishing House, Grand Rapids, USA, Deuteronomy 32:30)

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### **Microfiche Recording**

David Manuel Raj.J (1977) History of Silambam Fencing -An Indian Martial Art, (Microfiche, Ph.D Thesis, Eugene: University of Oregon)

### **Palm Leaf Manuscript**

Jesudoss, A.G, (1983). “Fragment on Silambam Fencing” Palm Leaf, (Nazareth: Rtd. Head Master, Margoschis High School).

### **Pamphlet**

Samuelraj,J. (2000), “On Robert Caldwell” Bishop of Tirunelveli Diocese, Tamilnadu, Pamphlet.

### **Personal Research File**

David Manuelraj, J (2000), “The Hi-techs of the techniques and few technologies of Silambam Fencing”, Personal Research File.

Film Anandhan, (1967), “Rajathi” film (Madras: Associate Artist)

### **Souvenir**

Amanullah, M (2004), Souvenir, Silver Jubilee Celebrations, (Tamilnadu : Tamilnadu Silambattam Association).



David Manuelraj, J (1994), “The First International Silambam Competition”, Commemorative Souvenir, (Chennai: V.G.P. World Tamil Sangam).

Sports Authority of India (1987), “Festival of India in USSR 1987-88 and Indigenous games and martial arts of India”, Souvenir.

### **Thesis**

David Manuelraj, J (1967), “Silambam: Technique & Evaluation”, M.P.E., Thesis, Jiwaji University, Gwalior.

### **Ph.D Dissertation**

Manuel Raj, J.David (1977), “The Origin and the Historical Development of Silambam Fencing – An Indian Martial Art”, Ph.D Dissertation, University of Oregon, Eugene.

### **Rules : Indian Silambam Fencing Federation Rules**

Avialable with Mr.S.Kesavan, Secretary, Indian Silambam Fencing Federation, Arcot. Tamilnadu.

