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## Mallakhamb asports, recreation and its benefits

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### Abstract

Ever since this ancient times, when documentation was not easy as like modern era, the survival of many arts like yoga & Yogic exercise etc was dependent solely on the Guru & his discipline. The master performs use to teach his disciplines keeping the art alive. Mallakhamb is not exception for this Indian Traditional culture and practice of passing it to the next generation. For mallakhamb the presence 5<sup>th</sup> generation is carrying forward & keeping the high flag flying, resulting in even growing popularity not only in India but also throughout the globe .Mallakhamb as the name suggests is a pole used by wrestler for practicing their skills in the game KUSTI. But now days the trend has changed and it has got a special identity. Mallakhamb needs concentration, speed and flexibility. It is the only game which is played against gravity .It is a good exercise to our body especially for backbone. Our whole body gets a message while performing on Mallakhamb. So let's come together to promote the pure Indian activity.

**Keywords:** Sports, Mallakhamb, Recreation, Benefits

### Introduction

The word "Mallakhamb" is composed of mall which denotes a gymnast or a man of strength and khamb which means a pole. Mallakhamb can therefore be translated to English as pole gymnastic. The earliest mention of mallakhamb can be traced back to the 12<sup>th</sup> century where it is mentioned in the classic "MANASOLHAS" (1135 A.D.) for about seven centuries after that, the art form remained dormant until it was given a new lease of life by BALAMBHATTADADA DEODHAR, the renowned teacher of PESHWA BAJIRAO-II during the first half of the 19<sup>th</sup> century. However, competitive mallakhamb at the National level first made its appearance at the National Gymnastic championship held at Pahadganj stadium, Delhi, in the year 1958. It was here that the Gymnastic federation of India proposed to recognize the game and include it in subsequent National Gymnastic championships. Mallakhamb is a pure Indian Game. It is a sport that confines various exercise that improve flexibility, strength, coordination and agility. Along with neuromuscular development, area of personal character, discipline and self motivation will be strongly enhanced .Becoming top player isn't for everyone, but benefits of learning this sport are everlasting. It improves the concentration, helps enhancing immunity power, increase the competitive spirit, and to fight the stress levels in an organized and better ways. Mallakhamb; the name itself indicates that "Malla" means wrestler and 'khamb' means pole .It's a wrestler's pole .In 'Manas - holhas' by Someshwarchalukya and 'Manusmriti' had the earliest reference about the Mallakhamb. Then, on the 17<sup>th</sup> century Shri Balambhatta Dada Deodhar introduced this game to others.

### History of Mallakhamb

The origin of this ancient Indian sports can be traced to earlier part of 12<sup>th</sup> century. A mention of wrestlers exercising on wooden poles is found in the Manasholes, written by Chalukya in 1153 A.D. It was revived late in the 19<sup>th</sup> century by Balambhatta Dada Deodhar, physical instructor to Bajirao Peshwa-II. He took great efforts to popularize this sports. Resemblance of the shape of the Ancient and modern mallakhamb to the human structure can be easily seen .At first mallakhamb was always concerned with kusti, to learn different styles of kusti .Now a days the game also includes Gymnastics. It is leaving ancient grips. The present game includes supple body, alert muscles and mind, concentration and expansion of the muscles, rhythm in breath, eyes wide open etc. now a days at the competitive level the degree of difficulty is increasing day by day.

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The need of safety instrument is felt. Mallakhamb as a competitive sports .The mallakhamb federation of India is the official Indian National Federation.29 states of India has participate in mallakhamb competitions at the national level. National level mallakhamb tournaments were first time organized more than 25 years ago .The national level tournament will be organized in four separate groups according to age.

There are three types of mallakhamb as a sports that are:

1. Pole mallakhamb or fix mallakhamb
2. Hanging mallakhamb
3. Rope mallakhamb
4. Pole mallakhamb or fix mallakhamb.

Pole mallakhamb is a vertical pole fixed in the ground. Generally teak wood or same is commonly used because of its physical properties such as toughness and soft surface. Castrol oil is applied to its surface in order to reduce the friction and minimize the injuries. The pole used in competitions is straight standing 2.6 meters (8.6 fit) in height with a circumference of 55 centimeters (22 inch) at the base. It gradually tapers to a circumference of 35 centimeters (14 inch) at the top.

#### **Hanging Mallakhamb:**

It is a small version of the fixed mallakhamb and it generally used for balancing exercise. The wooden pole is suspended with the help of a hook and chain. The degree of difficulty while performing this exercise is due to its swinging and revolving motion. The fill body has to be kept very close to this mallakhamb. It is hanged at the height of 3.5 to 4 feet above the ground, Height of the structure where the mallakhamb is hook is 15 fit. Circumstances of the bottom is 17 inch the circumstances of neck is 7 inch. The total height of the hanging mallakhamb is 5 fit 6 inch.

#### **Rope Mallakhamb**

It is a different type of mallakhamb from those mentioned above and is a modernized version of the cane mallakhamb. The structural difference between the above 2 and the rope mallakhamb is note worthy. The rope mallakhamb is an answer to the modern day problems like space and transportation. Various yogic and Gymnastic positions are performed gracefully on the rope mallakhamb and that to without tying literal knots to the scope.

#### **Mallakhamb asa Demonstration or Recreation**

There are many types which are remain confined only for the purpose of demonstration or recreation. One of them is the 'unsupported type' the mallakhamb is inclined so that the center of gravity is maintained. In various kinds of demonstration the people who give the demonstration use traditional weapons like swards, ancient force. Other type of demonstration or recreational mallakhamb are

- Bottle mallakhamb – The Mallakhamb is put on the bottle and perform the exercise on that mallakhamb.
- Weapon Mallakhamb- Take the wapen in the hand & do the exercise on the mallakhamb.
- Torch Mallakhamb-Take the torch or mushal to both the hand & do the exercise on the mallakhamb it is very beautiful & dangerous
- Cycle Mallakhamb- The mallakhamb fixed on the cycle. The cycle is more and the exercise were performed on

the moving mallakhamb it is a very beautiful for the demonstration purpose where the many people were together.

- Floating Mallakhamb- The mallakhamb will float on the water surface and do the exercise on that mallakhamb so it is called a floating mallakhamb. It is a new creation in the mallakhamb. It is create by H V P M Amravati.

#### **Benefits of mallakhamb for different sports**

- The manner in which the baby is turned, twisted and balanced on the mallakhamb keeps the spectators spellbound. Playing on the mallakhamb helps to develop ones speed, reflexes, concentration and co-ordination, Training of mallakhamb helps in practicing many other games which include wrestling, judo, gymnastics, Athletics, Horse-riding, Tennis etc.
- Shoulder vault' on the mallakhamb will improve the wrestlers throw. Most of the wrestles use the mallakhamb for shadow practicing, most of the exercises in mallakhamb are fabricated keeping wrestling in view.
- Practicing mallakhamb will strengthen a gymnast's shoulder girdle for Roman Ring mallakhamb also helps in developing qualities such as flexibility, grace, swiftness and rhythm which are very much essential for a successful gymnast.
- In Athletics, Mallakhamb increases the endurance, strength and stamina of the athlete needed for athletic events.
- Tennis and Badminton. A ladder on the mallakhamb will strengthen the muscle of the shoulder girdle and fore arm. It also increases the flexibility of the wrist joint.
- Cricket, Hockey and Football. A side dive catch on the mallakhamb will train a cricketer to dive and a football goalkeeper or Hockey goalkeeper to make a goal.
- Swimming. Dismounting from a mallakhamb teaches diving skills to a diner.
- Horse riding. The basic grip helps a horse rider very much as the grip is similar in both the cases. The horse mount on the mallakhamb is exactly similar to the literal horse mound.
- Mallakhamb improves muscle endurance or energy muscles in body.
- Through mallakhamb enhance over strength, power and stamina.
- Mallakhamb improves balance, flexibility, Agility, co-ordination.
- Mallakhamb increases the cardiovascular efficiency.

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