

## **The Game of Kabaddi**

So, this is what a game of Kabaddi is like. Pushing and pulling, screaming and shouting, dragging and falling on the ground. It is a rough game, yet it has many rules.

It is lots of fun, and lots of exercise. Holding your breath while running and continuously saying Kabaddi-Kabaddi and also trying to touch the players of the opposite team. So many things to do in Kabaddi. You can do this as long as you can hold your breath.

You need to use both your body and mind in this game. You have to use your strength to pull or stop the players. At the same time, you have to think about how to enter the other side. You have to decide whom to touch quickly and come back. If you get caught, then how do you reach the line in the centre.

### **TICK THE CORRECT OPTION:-**

Q.1) Kabaddi is the National Sport of which country?

- a) India
- b) Nepal
- c) Bangladesh
- d) Bhutan

Q.2) In Kabaddi, how many players should be there in each team?

- a) 11
- b) 10
- c) 12
- d) 7

Q.3) In Kabaddi, you have to use your \_\_\_\_\_ to pull or stop the players.

- a) Strength
- b) Mind
- c) Soul
- d) Creativity

Q.4) Holding \_\_\_\_\_ is the most important rule in Kabaddi?

- a) Tongue
- b) Shoes
- c) Ropes
- d) Breath

Q.5) If you get caught by the other team while playing Kabaddi, then what should you do first?

- a) Try to reach the line in the Centre
- b) Quit the game as soon as you get caught
- c) Run away from the game
- d) Start shouting