



Chapter 10

Hu Tu Tu, Hu Tu Tu

By: Neha Rai Sharma

Hu-tu-tu, Hu-tu-tu, Hu-tu-tu, Hu-tu-tu,

Out, out (all the girls on one side shouted loudly).

Hu-tu-tu, Hu-tu-tu, Hu-tu-tu (hold from here) Hu-tu-tu, Hu-tu-tu (hold from the leg, the leg, the leg – hold her leg)

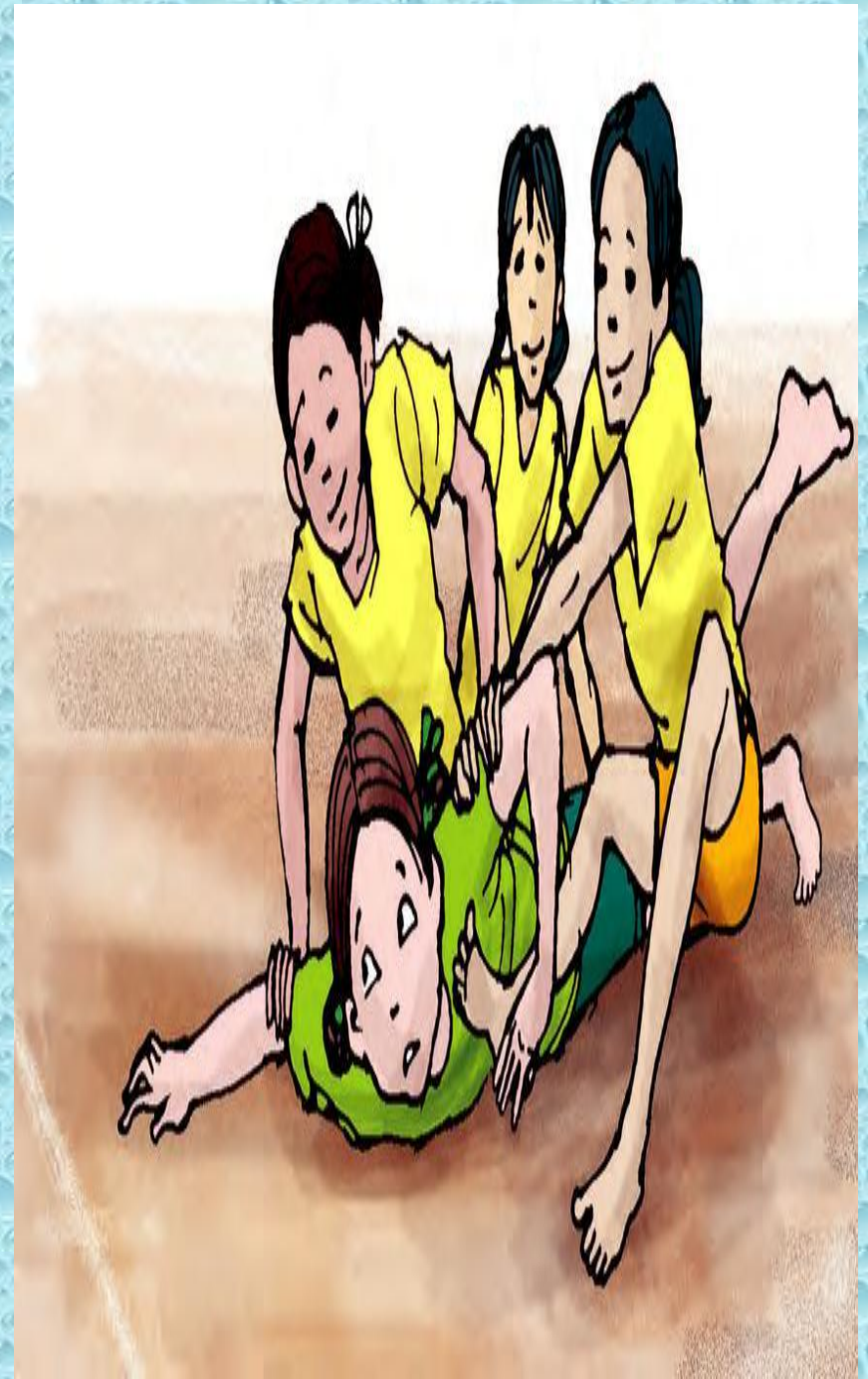
Hu-tu-tu, Hu-tu-tu (Vasudha, you come here, you hold her from here).

Hey! Make sure that Shyamala's hand does not touch the line.

Hold her hand.

Hu-tu-tu, Hu-tu-tu – Oh! She has touched. She has touched it.

Out, out, out. All out. Ho, ho, ho
Your team is all out!



- What are these girls doing?
They are shouting
'out','out','out', it is clear that
they are playing a game.
- What do you call this game?
Chedduguddu, Hu-tu-tu, Choo
Kit Kit, Ha-du-du or Kabaddi or
something else?
- When six girls surrounded
Shyamala and caught her,
everyone thought that she was
'out'. Somebody caught her
legs, and somebody her arms,
while one girl caught her by
the waist. But Shyamala was
not the one to give up. She
dragged herself and managed
to touch the line in the centre.



- When Shyamala touched the line, all the girls of the opposite team were holding her. So all of them got 'out'. But Rosy argued that Shyamala had taken a breath in between, so the team was not 'out'. Shyamala insisted that this was not true. She said that if she had taken a breath, why did the girls keep holding her? There was a big argument. Finally Shyamala won.



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.



- Next time when you play Kabaddi, focus your attention on your legs, arms and eyes. You will notice that good coordination is required between eyes, legs and arms.



- In some games it is very important to touch the player. For example in the game of Kho-Kho, you get 'out' when someone touches you. You also get your turn by someone's touch. Name some games in which it is very important to touch the players?



- In Kabaddi, the entire team was 'out', because Shyamala had touched the line. What are some other games in which, the central line is very important?



Karnam Malleshwari

- Have you seen or read about her in the newspapers? Karnam Malleshwari is a weight lifter. She lives in Andhra Pradesh. Her father is a police constable. Malleshwari started lifting weights when she was 12 years old. Now she can lift a weight of 130 kilograms.



- Karnam has won 29 medals in international events. Her four sisters also practise weight lifting



A Story of Three Sisters

- The picture is of the three sisters – Jwala, Leela and Heera. They live in Mumbai. All three of them played Kabaddi, and taught the game to others.



- Jwala tells, “When we were young, girls were not allowed to play this game. People thought that if girls played such rough games, nobody would marry them.” They also said that the girls had to wear boys’
- clothes to play Kabaddi. That is why they stopped girls from playing.



- The sisters were young when their father died. Their mother and *mamas* (maternal uncles) brought them up. Both uncles used to play Kabaddi and Kho-Kho. They encouraged the three girls to play Kabaddi.



- Jwala and Leela talk about their experiences. “Almost fifty years ago when we started to play Kabaddi, girls never got a chance to play this game. Parents did not let them play the game. But we always felt that we should play and my uncles and mother supported us. We three learnt the game and some other girls also joined us. We formed a *Kabaddi Club*, which is active even today.”



- Leela and Heera still get very excited when they talk about their matches. They tell how they won some matches which they were about to lose. This was possible because of their strong will. During those matches, some very interesting things happened.



- Once they had to go to a different town for a big match. Leela tells, “ The match had to start at 6.30 in the evening. We went to see a movie from 3 to 6 o’clock. We thought we would be back in time for the match. As soon as the movie started, we noticed some noise and disturbance. It was created by our *mama*, who was looking for us in the hall with a torch. When he found us, he gave a big scolding right there in the cinema hall.”



- The sisters had to face many difficulties because of Kabaddi but that did not reduce their fun. Heera, the youngest sister, became a Kabaddi coach. She wishes that children like you should enjoy and play many games, especially Kabaddi.





Thank
you!