

Jatra's Kabaddi

South Asia Group Game



kabaddi-kabaddi

Kabaddi (*kuh-BAH-dee*) is a form of tag that is popular in India and other Asian countries. Many Indian children grow up playing this game.

Materials Needed: Ropes, tape, or cones to divide the playing area

Preparation: none

Instructions:

1. Play this game outside or in a gym or other large indoor area. Mark off a playing area about 40-by-30-feet in size. Divide the area into two halves.
2. Divide your group into two teams. Guide as many as seven children from each team to stand on their team's side. (If you have more than 14 children in your group, rotate players so everyone has a chance to play.)
3. To play, one team will send a "raider" into the other team's court. The raider's goal is to tag as many players as he can before he returns to his own side. The catch is that the raider must repeatedly chant "kabaddi-kabaddi" without taking a breath. Whoever the raider touches is out. If the raider steps out of bounds or takes a breath before he returns to his side, he is out. When the raider returns to his side or is out, let the other team send a "raider."
4. Continue playing as time and interest remain.

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