



Gatka Martial Art

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Key Points

- Gatka is a **traditional martial art** form associated with the **Sikh gurus**.
- It imbibes sword and sticks fighting skills and self-control.
- Gatka is believed to have originated when the 6th Sikh **Guru Hargobind** adopted 'Kirpan' for **self-defence** during the Mughal era.
- A style of stick fighting between two or more practitioners, **Gatka is a toned-down version of the deadlier Shastar Vidya**. The sharp swords of Shastar Vidya have been replaced by **wooden sticks (soti)** and **shields (farri)** in Gatka.

- It is considered as a **battle technique**.



- 10th **Guru Gobind Singh** made it **compulsory for everyone** to use the weapons for self-defence.
- It was earlier confined to gurudwaras, nagar kirtans and akharas, but now it finds presence in the **sports category** after the formation of the Gatka Federation of India (GFI) in 2008.
- Today, it is used to showcase **self-defence** and fighting skills and is open to people of all faiths and communities.

Source: TH