



## Kalaripayattu

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- Kalaripayattu is a **martial art** based on the **ancient knowledge of the human body**.
- It originated in **Kerala** during **3<sup>rd</sup> century BC to the 2<sup>nd</sup> century AD**. It is now practised in **Kerala** and in some parts of **Tamil Nadu**.
- The place where this martial art is practised is called a '**Kalari**'. It is a Malayalam word that signifies a **kind of gymnasium**. Kalari literally means '**threshing floor**' or '**battlefield**'. The word Kalari first appears in the **Tamil Sangam literature** to describe both a battlefield and combat arena.
- It is considered to be one of the **oldest fighting systems** in existence.
- It is also considered as the **father of modern Kung - Fu**.

