



Chhattisgarh Shines at 6th UMAI National Muaythai Championship

Why in News?

Chhattisgarh excelled at the **6th United Muaythai Association India (UMAI) National Muaythai Championship**, winning 35 medals.

Key Points

- **About Muaythai:** It is a traditional Thai (Thailand) combat sport known as the "**art of eight limbs**" for its use of fists, elbows, knees, and shins. It combines striking and clinching techniques with strong physical and mental discipline.
 - Muay Thai has been an integral part of Thai culture and history for centuries, serving as the primary self-defence technique of Thai warriors and soldiers in numerous historical conflicts.



- **6th UMAI National Muaythai Championship:** The 6th UMAI National Muaythai Championship took place in **Rohtak, Haryana**. The **Haryana Sports Muaythai Association (HSMA)** organised the event under the aegis of the [United Muaythai Association India \(UMAI\)](#).
 - The **United Muaythai Association India (UMAI)**, headquartered in Jaipur, Rajasthan serves as the official governing body for both professional and amateur Muaythai in India and internationally.

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