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many of the kalaripayattu weapons are in the same form as the weapons used in other indian martial arts. p. balakrishnan, kalaripayattu, 2008 - p. balakrishnan, kalaripayattu: history and methods of practicing the martial art of kerala, poorna publications, 2003ranjan mullaratt, kalari margam - ancient secrets for modern living, 2014john shaji, kalaripayattu, the martial and healing art of kerala - kalaripayattu is one of the traditional martial arts of india. this martial art was developed over centuries from the use of sticks and wooden blocks. there are two forms of kalaripayattu: the "major" or "combat" form, taught as a means of self defense, and the "minor" or "internal" form, which trains the body for internal power. [6] the kalaripayattu of kerala was developed by the brahmanical warrior and philosopher siva. later, the method became a means of self defense. the sport was introduced in the states of kerala and tamil nadu during the colonial period. [7] kalaripayattu is a weapon based martial art. it is a total body combat system, and the practitioners have to be very skilled. the art is known as the "heart of kerala" for its origins in the ancient indian religion of kerala. as it is an art which involves the body, and has been around for centuries, it is not easy to maintain and understand, but may be difficult to learn. the martial art of kerala is known as "kalaripayattu". a similar system of fighting called "kalari kattu" is said to have originated in tamil nadu.

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kalaripayattu has developed a worldwide following, due to its centuries-old heritage and important role in kerala's rich culture. today, it is practiced around the world, including in many other countries in asia, europe and north america. international federation of k.a.m. was formed in december 1967 by tamil nadu government under the leadership of sree padmanabha swamy [50] . kalaripayattu is the most popular martial art of kerala. [51] it was practiced by the ancient kings as a form of defense, such as ayilyam thirunal rama varma, the last king of the travancore dynasty. the travancore state was a kingdom in southern india. thirumala, located in the present day thiruvananthapuram district in kerala, is the most sacred of the three main temples in the country. the presiding deity of the temple is lord muruga, who is the supreme god in hinduism and also the primary deity of kerala. the major deity of a thirumala murugan temple (the official name of the shrine) is the son of lord shiva. lord muruga was blessed with many supernatural powers. he was the lord of the martial arts of kerala. the k.a.m. kalaripayattu established by sreedharan nair was revived with renewed passion and dedication to kerala's art of kalaripayattu. to this day, the kalaripayattu a complete guide to keralas ancient martial art is considered the basic and classical text of kalaripayattu. it was published in a partial edition, with the foreword by the venerable sreedharan nair, in 1938, by westland books, thiruvananthapuram. the book is available as a limited edition and as an out of print book. [52] 5ec8ef588b

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