



# PODAR ENRICHMENT ACADEMY

## Learning for Life

---

### → **THANG –TA MARTIAL ARTS GAME**

- Thang – Ta is an Indian Martial arts originated from Manipur a north-eastern of India.

- **The different meanings are as under**

- 1 Huyel Langlon – Knowledge of war art
- 2 Sarit – Sarak – Art of Defensive & offensive style
- 3 Chainarol – Art of fighting
- 4 Thang Ta – Art of sword & spear
- 5 Mukna – Manipuri style of Wrestling

- All above martial arts are known as Thang-Ta martial arts by all the peoples.

- **The artists / players of Thang – Ta must follow strictly the following categories of arts.**

- 1 Thanglon - Various arts of Swords
- 2 Taron - Various arts of Spears
- 3 Mukna - Arts of Manipuri Wrestling
- 4 Sarit- Sarak - Arts of Defensive & offensive styles with or without weapons.
- 5 Ningsa Kanglon - Breathing exercise
- 6 Sajel Kanglon - Physical Exercise
- 7 Layenglon - First aid(Medicine)
- 8 Ten Kappa - Arrow shooting (Archery)
- 9 Theng Kouron - Spiritual Art
- 10 Lamjel - Race
- 11 Hiri Koba - Concentration / Meditation
- 12 Huitem Kanglon - Nerve centre exercise



# PODAR ENRICHMENT ACADEMY

## Learning for Life

---

- **Syllabus of Thang-ta**

### **STD I- IV**

- 1 General exercise work and body fitness
- 2 types of punch
  - A) Middle B) Lower C) Upper
- 3 Stepping with punch
- 4 Stepping with short stick, Monkey roll, Jump roll

### **Std V- VII**

- 1 General exercise work and body fitness
  - 2 types of punch
  - 3 Middle B) Lower C) Upper
  - 4 Kick – Straight high kick and front kick
  - 5 Stepping with punch/stepping with stick
  - 6 Short stick / Long stick.
  - 7 3 stepping with stick and chop.
-