



Adimurai

Adimurai is an Indian martial art originating in modern-day Kanyakumari, the southernmost region in India. It was traditionally practiced in the Kanyakumari district of modern-day Tamil Nadu as well as nearby areas in southeastern Kerala. Its preliminary empty-hand techniques are called **Adithada** and application of vital points are called **Varma Adi**, although these terms are sometimes interchangeably used to refer to the martial art itself.^[1] Adimurai is a portmanteau in the Tamil language where *adi* means "to hit or strike" and *murai* means method or procedure. In modern period it is used alongside other Tamil martial arts.^[2]

History

Adithadi is a non-lethal version of Adimurai which was developed in the Tamilnadu region of ancient India. It saw most of its practice in the Chola and Pandya kingdoms, where preliminary empty hand techniques were used.^[3]

Practice

Adimurai is traditionally practiced outdoors or in unroofed areas. It is mainly practiced by, Kallars, and Nadars of southern Tamil Nadu.^[4] Techniques include strictly punching, basic kicking and basic blocking.

In popular culture

Adimurai was depicted in the film Pattas (2020) starring Dhanush, directed by R. S. Durai Senthilkumar.^{[5][6]}

Adimurai



Adimurai mock combat

Also known as	<u>Adithada</u>
Focus	<u>Striking</u> , <u>blocking</u>
Hardness	<u>Full-contact</u> , <u>semi-contact</u>
Country of origin	<u>India</u>
Creator	Traditionally <u>Siddhars</u>
Olympic sport	No
Meaning	Law of hitting ^[1]

Adhiveeran (Udhayanidhi Stalin), the secondary protagonist in the film *Maamannan* (2023), is an Adimurai tutor.^[7]

See also



- [Angampora](#)
- [Banshay](#)
- [Bataireacht](#)
- [Bōjutsu](#)
- [Gatka](#)
- [Jūkendō](#)
- [Kalaripayattu](#)
- [Kendo](#)
- [Kenjutsu](#)
- [Krabi–krabong](#)
- [Kuttu Varisai](#)
- [Mardani khel](#)
- [Silambam](#)
- [Silambam Asia](#)
- [Tahtib](#)
- [Thang-ta](#)
- [Varma kalai](#)
- [World Silambam Association](#)
- [Silat](#)
- [Kbachkun boraan](#)

References

1. Zarrilli, Phillip B. (1998). *When the Body Becomes All Eyes: Paradigms, Discourses, and Practices of Power in Kalarippayattu, a South Indian Martial Art* (<https://books.google.com/books?id=EP6BAAAAMAAJ>). Oxford University Press. p. 27 – 29. ISBN 978-0-19-563940-7. Retrieved 14 January 2021.
2. Raj, J. David Manuel (1977). *The Origin and the Historical Development of Silambam Fencing: An Ancient Self-Defence Sport of India*. Oregon: College of Health, Physical Education and Recreation, Univ. of Oregon. pp. 44, 50, 83.
3. Luijendijk, D.H. (2005) *Kalarippayat: India's Ancient Martial Art*, Paladin Press, ISBN 1-58160-480-7
4. Zarilli, Philip B. (2001). "India" (<https://books.google.com/books?id=v32oHSE5t6cC&pg=PA177>). In Green, Thomas A. (ed.). *Martial Arts of the World: An Encyclopedia. A – L*. Vol. 1. ABC-CLIO. p. 177. ISBN 978-1-57607-150-2.
5. "Dhanush's 'Pattas' is on ancient Tamil martial art!" (<https://web.archive.org/web/20191226065509/https://www.sify.com/movies/dhanush-s-pattas-is-on-ancient-tamil-martial-art-news-tamil-tm0knMbcgefeh.html>). *Sify*. Archived from the original (<https://www.sify.com/movies/dhanush-s-pattas-is-on-ancient-tamil-martial-art-news-tamil-tm0knMbcgefeh.html>) on 26 December 2019. Retrieved 15 January 2020.
6. "Dhanush's 'Pattas' is based on 'Adimurai' " (<https://web.archive.org/web/20200114123200/https://www.sify.com/movies/dhanush-s-pattas-is-based-on-adimurai-news-tamil-ubokzVebhbaf.html>). *Sify*. Archived from the original (<https://www.sify.com/movies/dhanush-s-pattas-is-based-on-adimurai-news-tamil-ubokzVebhbaf.html>) on 14 January 2020. Retrieved 15 January 2020.
7. "Maamannan box office collection Day 8: Budget & Total Collection Worldwide" (<https://pkbn.ews.in/maamannan-box-office-collection-day-8-budget-total-collection-worldwide/>). 8 July 2023. Retrieved 30 July 2023.

