

ITACHI

## Kabaddi skills- Infographics



September 06, 2023

# SKILLS IN KABADDI

## OFFENSIVE SKILLS

## DEFENSIVE SKILLS



### HAND TOUCH

Hand touch by extending raiders arms to touch the defender. It requires optimum level of agility and flexibility.

### ANKLE HOLD

A defender execute an ankle hold with a firm grip of raider and restricting his movements from crossing the midline.



### TOE TOUCH

A toe touch takes place when a raider swiftly bends down and scores points by using his foot to make contact with a defender.

### BLOCK

A block is a move where a defender prevents the raider from moving towards the midline by blocking the attacker's escape path with the use of his entire body.



### BACK KICK

During the back kick, a raider turns around and tries to score a touch point by catching the defender off guard.

### DASH

The dash is a move where the defender rushes to a raider with great ferocity before pushing them out of the playing area and preventing them from crossing the midline.



### DUBKI

The dubki is a move where the raider has to crouch low, spot an opening amongst a sea of defenders and thrust himself through the smallest of gaps with force to escape the chain of defenders.

### CHAIN TACKLE



A chain tackle is performed through the support of two or more defenders on the mat. It is used to stop the raider from crossing the midline by holding hands and trapping retreating raiders



## FROG JUMP

A frog jump takes place when a raider leaps high off the ground by thrusting himself off the incoming sea of defenders and reaching the midline.

## BACK HOLD

The back hold requires a defender to grab a hold of defenders from the back or waist area before flipping them to the ground in a manner akin to German suplexes in wrestling.



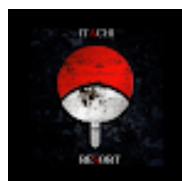
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