

Sport Kabaddi History:

Kabaddi is a sport developed centered on [Jallikattu](#). It was common among the [Ayar](#) tribal people who lived in the [Mullai](#) geographical region of ancient [Tamil Nadu](#).^[5] ^[6]^[7] A player going to the opposition is treated like a Bull. It is like taming a bull without touching it, as it is mentioned in [Sangam Literature](#) that the game called Sadugudu was practised since ages. There are also accounts of [Gautam Buddha](#) having played the game recreationally.^[8]^[9]^[10] According to another version of this sport's origins, kabaddi originated in Tamil Nadu over 4,000 years ago.^[11]

The game was said to have been popular among the [Yadava](#) people. An [Abhang](#) by [Tukaram](#) stated that the lord [Krishna](#) played the game in his youth.

Modern kabaddi is a synthesis of the game played in various forms under different names in the Indian subcontinent.^[12] India has been first credited with having helped to popularise kabaddi as a competitive sport, with the first organized competitions occurring in the 1920s,^[13] their introduction to the programme of the [Indian Olympic Games](#) in 1938, the establishment of the All-India Kabaddi Federation in 1950,^[13] and it being played as a [demonstration sport](#) at the [inaugural 1951 Asian Games](#) in [New Delhi](#). These developments helped to formalize the sport, which had traditionally been played in villages, for legitimate international competition.^[8]^[9]^[10]

After being demonstrated again at the [1982 Asian Games](#) in [Delhi](#), Kabaddi was added to the Asian Games programme beginning in 1990.