

Kalaiñarin karutturaikal.

- - Kalaripayattu

Description: -

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Notes: Romanized.

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Tags: #Exercise #at #Home

History of Kalari

Treatment using different kinds of oils is imparted for three, four, seven or forty-one days in that order.

History of Kalari

This is especially seen in the Southern style of Kalaripayattu, which is believed to have been adapted and modified during wars with kingdoms to counter martial arts like , which was one of the main martial art forms practiced by Tamil soldiers at the time. This system of marma treatment originated from , as well as. Modern practice This section needs expansion.

Photo to Painting

A firm mind in a firm body enhances our defence system. The practice is so empowering and gratifying for people in all walks and stages of life; give it a try and see what the practice can improve for you. The Kalari practitioner would need to learn how to anticipate, adapt to and neutralize these new techniques.

Exercise at Home

This is only one side of the coin.

Photo to Painting

The word kalaratriñ Tantra refers to the darkness of night, a state normally frightening to ordinary individuals but considered beneficial to worshippers of the Goddess. All my artworks are at affordable cost and I am sure you find great value for your money.

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