

## ABOUT KRISHNA PRATHAP



Krishna Prathap began his training in Kalaripayattu at a tender age of six under the guidance of his father, Sri Karthikeyan Gurukkal. He later moved to Vallabhata Kalari and underwent training under Gurukkal Sri Shankara Narayana Menon and the Sri. Krishnadas Gurukkal.

Krishna Prathap belongs to the second generation of Kalaripayattu practitioners and has more than 32 years of experience. He was lauded for his skills that was displayed in the 1995 Asian Federation games held in Madras and at the National Integration Martial Festival held in Calicut.

He has to his credit several medals and awards. The Kerala State Championship and many gold medals in various championships to name a few. He is also the national coach for Pankration Athlima, Greek Martial Art. As the Hon. Gen. Sec of the Karnataka State Kalaripayattu Association he is committed to popularize the art form and revive its diminished glory in the time to come. He is also the Hon. Treasurer, Martial Arts Games Federation of India (Unifying Martial Arts games across the Indian sub-continent).

He has contributed to popularizing the art form internationally by performing and scripting Kalaripayattu in France, Belgium, Germany, Switzerland, Netherlands, Italy, London, USA, Singapore, Middle East and Sri Lanka which has won him great appreciation from various organizations and the media. Krishna Prathap is now bringing out a new grammar in the field of dance by choreographing Kalaripayattu to the melody of music by associating himself with experts in Kathakali, Mohiniyattam, Bharatha Nattiyam, Kuchipudi and Kathak.

Krishna Prathap is deeply motivated to popularize Kalaripayattu as an Indian art form and takes great interest in training students. He is associated with his

trained Kalari team of more than 200 school children to perform at the Republic day parade in New Delhi. His team has performed on the opening ceremony of the ICC Champions League Cricket, 2009 in Bangalore, in collaboration with a team of 16 of student-sand masters from Shaolin Temple for Kung-fu, China. He has graced the stage on many occasions globally alongside great artistes from various other fields and has been a torch bearer of Kalaripayattu, world-wide. A few such events were

- 1) 1996 - Indo-French Cultural Exchange France
- 2) Celestial Dance Ballet, presented International Association of Human Values and the Art Of Living Foundation (USA).
- 3) 2001 - Into Sacred Waters presented by the Asia-Pacific Performing Arts Network & UNESCO.
- 4) 2009 - IPL, Champions League Cricket, opening ceremony, in collaboration with the Shaolin
- 5) 1996 Mysore Dasara Festival
- 6) Humba festival
- 7) Malabar pepper fest in 1999(Mamankam)

His contribution to popularizing Kalaripayattu has been immense through the medium of movies like

- 1) Aaram Thampuran (Malayalam )
- 2) Narasimham(Malayalam )
- 3) Parie (kannada)
- 4) Kempegowda (kannada)
- 5) Pallavoor Devanarayanan (Malayalam )
- 6) My autograph (kannada and Tamil)... etc.

As a stunt master for many Theatrical series like Robinson and Crusoe presented by the Rangasankara, he has ventured out to newer areas and is inspiring a much needed change to the art form.

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Ancient Martial Art of India

## KALARIPAYATTU

Mother of all Martial Arts



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Bangalore, Karnataka, India

## ABOUT KALARIPAYATTU

Kalaripayattu - The Orient's treasure trove, a gift to the modern world and the mother of all martial arts. Legend traces the 3000-year-old art form to Sage Parasurama- the master of all martial art forms and credited to be the re-claimer of Kerala from the Arabian Sea. Kalaripayattu originated in ancient South India. Kung- fu, popularized by the monks of the Shaoling Temple traces its ancestry to Bodhi Dharma - an Indian Buddhist monk and Kalaripayattu master.

Crafted in ancient South India drawing inspiration from the raw power and sinuous strength of the majestic animal forms - Elephant, Lion, Horse, fish cat Wild Boar rooster, and Snake, Kalaripayattu laid down the combat code of the Cholas, the Cheras and the Pandyas. Shrouded in deep mystery and mists of secrecy



Kalaripayattu was taught by the masters in total isolation, away from prying eyes. Following the collapse of the princely states and the advent of free India - Kalaripayattu has lost its significance as a mortal combat code. In a Phoenix-like resurrection, Kalaripayattu is today emerging in a new avatar - an ancient art form - a source of inspiration for self-expression in dance forms - both traditional and contemporary, in theatre, in fitness and in movies too.

## THE COMBAT TRAINING

The combat training can be divided into four categories

- 1 MAITHARI - Physical methods of fighting.
- 2 KOLTHARI - Wooden weapon fight.
- 3 ANKATHARI - Iron/steel weapon
- 4 VERUNKAI PRAयोगAM - Unarmed combat.

### MAITHARI - PHYSICAL EXERCISE

**1 ANGASADAGATHVAM** - Leg Exercises  
Training in Kalari commences with leg exercises. With 16 different exercises in this category.

**2 MAIPAYATTU** - the spine of Kalaripayattu  
Maipayattu is a pattern of exercises that integrates all categories of body exercises. Regular practice of Maipayattu results in controlled, flexible and graceful movements of the body and helps develop breath control (Pranayama), strength, flexibility and stamina.

### KOLTHARI - Wooden Weapon Category

1 Kettukari  
Kolthari refers to the use of wooden weapons. It consist of

1. KETTUKARI - Long Stick
2. CHERUVADI - Short Stick
3. OTTA - Curved Stick
4. GADHA - Mace

### ANKATHARI - metal weapons

Ankathari refers to the use of metal weapon. It consist of

1. KATTARAM - Dagger
2. UDAVAL - Fencing sword
3. PULIANKAM - Sword and shield
4. KUNTHAM - Spear to spear fight
5. MARAPIDICHA KUNTHAM - Sword and shield against spear
6. KATHIYUM THALAYUM - Knife and cloth
7. JURUMI - Flexible sword, etc.

### VERUMKAI - Unarmed combat

Verunkai involves predominantly the use of bare hands for a fight. An attack during unarmed moments can be handled by using one's hands that may be aided by a piece of cloth or a rope. Locks

## ORIGIN

Late Gurukkal Sankunnu Panicker was the last member of the "Mudavungattil" family on whom the title of Panicker was conferred by the vettath royal highness. He is the father of the present Gurukkal Sri Sankara Narayana Menon. Members of the Mudavungattil family were the commanders in Chief of the Vettath Raja. Then the members of this family were great dependents of the art of Kalari Payattu and held the Gurustanam of the royal family. The records of 1915 and 1925 state indicate that Vallabhata tradition was in existence since vettath raja's kingdom came into existence.



In the mid 1960s, Krishnaprathap father Karthikeyan Gurukkal took training at "Vallabhata Kalari Sangam" under the tutelage of Sri Sankara Narayana Menon, the present Gurukkal. Karthikeyan Gurukkal is a member of Kerala Kalaripayattu Association. Krishnaprathap took training from his father from the young age of six, after which he went to "Vallabhata Kalari Sangam" at Chavakkad to train under the tutelage of Sri Sankara Narayana Menon (who was also a Guru to his father) for nearly 23 years. He also had the fortune to learn from Sri Sankara Narayana Menon's sons Sri Krishnadas Gurukkal, Sri Rajiv Gurukkal & Sri Dinesh Gurukkal who taught him different nuances of Kalari Payattu.