

# Let's Promote Gatka



## The Historical Martial Art

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ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖਾਲਸਾ |

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Sikh weaponry is an ancient taught by the gurus, which includes more than a dozen different types of weapons . The Gtka soti is an integral part of this vast arsenal of knowledge which is taught s a basic training for self defense and is a basic weapon before learning fencing . Gatka is actually called soti andthe battle of soti is parcticed in various form in india and in over two dozen countries outside india.Guru Hargobind ji, the sixth Patshah, introduced the art of arms , which began with Baba Buddha , to the sikhs. Later , Dasam Patshah Guru Gobind singh ji combined this weaponry and martial arts in Gatka. In ancient times, armament education was usually played by sikhs but with the passage of time, the common people also started learning different weapons and playing Gatka . The basic principle of playing Gatka is stop and knock which means first stopping the opponent's blow and then retaliating against that attack .

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In fact , armament and Gatka was popular as a martial art during the ancient wars and was a popular sport of the Nihang singhs . The collection of sikhs weapons includes many different types of weapons including Kirpan, Sword , Shield, Dagger, Spear, Gandasi, Sajajang, Kamand toda, Gurj, Khanda, Tega, Jamdar, and Marhati besides horse riding, spear throwing , shooting, archery, wrestling, etc are part of sikh sports. Initially Gatka training was parcticed only in gurudwaras or nihang singh's cantonments or special aremas but thanks to the selfless efforts of national gatka association of india , gatka association of punjab and international sikh martial arts council over the last decade and a half, these sports schools and colleges sikhism has started to be played in india and many malls have also been hit .

But if we look at its background, the gatka games have been a part of the olympic games for a long time and the subsequent games have become internationally recognized today while the gatka games have not made much progress. There are a number of reasons why the interest of students in learning gatka has been declining day by day as children have been influenced by western culture instead of living in the traditional Bana and have not become Amritdhari, disrespecting romans and wearing modern clothes. The excitement subsided. In comparison to this cheap and easy game of self defense , the self defense games of some foreign countries that came to india have taken its place . The second ereason for this was that the punjabis themselves, especially that sikhs, were obsessed with their hereditary game and did not pay much attention to its propagation



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In the year 1936, Gatka a popular sport of universities and colleges in undivided punjab , was gradually forgotten on its own merits . Even today, sports lovers and children from ordinary households are involved in promoting the game. President of national Gatka Association engaged in the promotion, and dissemination of gatka game. It is the result of a decade and a half of hard work by Harjeet singh grewal that today Gatka has again become a recognized sports of schools, colleges and universities and has also become a part of khelo india youth games. However , it is imperative that this ancient sport be given due respect and status in the country and abroad as well as to be recognized as a recognized sport so that future generations will always remember its heritage .

Special credit :-**Shri V.V.S.N.Rao**  
**DS Grewal ji , Paramjit singh ji**

