



KALARIPPAYATTU

THE MARTIAL AND HEALING ART OF KERALA



NAVA JEEVAN KALARI SANGHOM (REGD.)

Approved by Kerala Sports Council | Empannelled with ICCR



History

Kerala is a beautiful stretch of land in the southernmost part of India, entitled as 'Gods own country' in the tourism map of the land. The state of Kerala has made rich and varied contributions to the world of which the topmost are Kathakali and Kalaripayattu.

We are very specific in preserving the virtues of traditional Kalaripayattu martial arts and our mission is to popularize Kalaripayattu in its routine form with all its beauty.

India's culture and heritage, one of the most richest and valuable culture and its contribution in the field of martial arts is not the one to be forgotten and abandoned. As the pioneer Kalari training institutions, Nava Jeevan Kalari finds it as its responsibility to motivate artists to practice and promote Kalaripayattu and achieve global acceptance.

Let's explore the deep roots and lineage of Kalaripayattu!

Kalaripayattu is the ancient martial art of Kerala and the mother of all martial arts. Although concrete evidence about the date and place of origin is missing, it is believed to have originated in Kerala around 3000 years ago and it was crafted by sage Parsurama, the master of all martial arts. Kalaripayattu evolved and glorified through centuries and is based on the idea of 'A sound mind in a sound body'.

The name 'Kalari' has been derived from the Sanskrit word 'Khaloorika', meaning the place where the art of wielding weapons and physic is imparted. Kalari means the place (a gymnasium), where any particular art form is taught and 'paya' means practice or exercise. The traditional training of Kalaripayattu is always done inside a specially constructed practice area. Kalaris are the schools where training in this martial art form is imparted by Gurukkals or masters. The Gurukkal system consists of rigorous physical training besides training in self-discipline. The weapons used are the sword, Dagger, Shield, short sticks, spears etc. The co-ordination of the body and mind is given maximum importance in this art.

Kalaripayattu has very much influenced the evolution of Kerala's theatre and dance forms, most prominently Kathakali and Theyyam. Kalaripayattu which has won its fame and glory all over has a compelling global audience. Kalaripayattu is used for self-expression in dance forms, in theatre and in movies.



Who are we?

Babu Sivadasan is a differently accomplished and talented artist/demonstrator/trainer and organizer of traditional art forms of Kerala. Young, enthusiastic and committed, has undergone rigorous training in this art from one of the well known kalaris in Kerala and has been practicing for the last 20yrs. Started first vocational training under Guru Shri. Satheeshan, CVN Kalari, Calicut. After a period of training session continued vocational training, body massaging course and updating new skills in kalaripayattu from Guru Shri. B Rajendran Nair, Siva Kalari Sanghom, Trivandrum and Guru Shri. Vijayan, Koottumangalam Kalari, Trivandrum.

In 2011, a dedicated group of individuals concerned about the future of Indian martial arts, especially Kalaripayattu of Kerala and Adi Murai of Trivandrum and Kanyakumari Districts, founded Nava Jeevan Kalari in Trivandrum, India.

The name Nava Jeevan was carefully selected to reflect of the ancient martial art form. Nava is a Sanskrit word which means 'new.' Jeevan means 'energy, consciousness, vitality, life, knowledge.'

Nava Jeevan Kalari envisaged to become an international centre of learning and exchange of techniques, knowledge, ideas and research on the martial and related healing and meditation arts.

The Nava Jeevan Trivandrum team has represented India in many international events on various occasions. The centre is a recipient of many national and international awards. During our performances, we had been to Israel, Palastine, Germany, China, Mauritius etc. We provide lecture, demonstrations, exclusive workshops, elegant choreographic works and stunning mock fights.

Our tradition and reputation attracted many celebrities and we have performed Kalaripayattu before Presidents, Prime Ministers and many distinguished guests from different nations.



What do we offer?

Kalari Training

Meithari: Designed in a special sequence. It gives control and flexibility to the body and is a peculiar combination of Vativu (specially designed poses) and Chuvadu (basic foot positions and movements). Before training in Meithari students are taught various exercises like Nerkal, Veethukal, Konkakal, Thirichukal, Iruthikal and Pakarchakal. In ten different exercises the students develop special grip to the floor with his toes. It also gives proper orientation to the body balance, suppleness and flexibility.

Kolthari: After achieving a satisfactory level of perfection in the performance of Meithari, the student will be initiated into training of kolthari or fight with wooden weapons. There are mainly four types of wooden weapons used in the kalari - Kettukari, Muchan, Otta and Gada.

Ankathari: The next stage of kalari training is Ankathari or practice of Metal Weapons. It involves combat training in weapons like Kattaram (Dagger), Kuntham (Spear), Val and paricha (sword and shield) and Urummi (A long flexible sword).

Verum Kaiprayogam: This is the fourth stage of Kalari training. A vast set of Piduthangal (Locks) and throws are combined with knuckle and elbow hits directed at Marmas or vital points of the opponents body is the peculiarity of this system. By this method one can disable the enemy completely.

Usually, knowledge of this kind is not passed indiscriminately to any student but only to those with a disciplined life who guarantees that the knowledge will not be misused.

We offer:

- ▶ Stage shows
- ▶ Choreography for dance and the article performance
- ▶ Action choreography for films
- ▶ Kalaripayattu classes on Kalaripayattu
- ▶ Workshops and classes on Kalaripayattu
- ▶ Ayurvedic treatment and all type of massages
- ▶ Holiday packages



Recognition

Nava Jeevan Kalari is the Government Approved training institute in southern India and is affiliated/life member of many national and international Cultural Institutions in India and abroad. Some important affiliations are:

- ▶ Kerala Sports Council
- ▶ Empaneled with Indian Council for Cultural Relations (ICCR)
- ▶ Nehru Yuva Kala Sangatgan, Ministry of Youth and Sports, Government of India

The following societies have issued Certificates of honour and Certificates for Kalaripayattu performances to Nava Jeevan Kalari, Trivandrum:-

Indian Central & State Governments and International Government bodies abroad:

- ▶ Govt. Of Kerala, India certificate of honour and recognition
- ▶ Indian Representative office Ramallah, Israel certificate of honour certificate of outstanding performances in various venues in Israel

Indian Cultural Bodies:

- ▶ India Habitat world, New Delhi, India certificate of outstanding performance
- ▶ Hindu Heritage Pratisthan, New Delhi, India certificate of performance
- ▶ Indian Trade Promotion Organisation (ITPO), Pragati Maidan, New Delhi, India certificate of performance
- ▶ International Women and Health Meetings, IWCHM, India certificate of treatments for women
- ▶ Sangeet Naatak Academy, India certificate of performance
- ▶ Sahitya Kala Parishad, India certificate of performance

Since our inception, we have conducted various performances in India & abroad, for important personalities like:

- ▶ Dr. Manmohan Singh, Hon'ble Prime Minister of India
- ▶ Mrs. Shiela Dixit, former Chief Minister of Delhi
- ▶ Dr. Balram Jakar, Governor of Madhya Pradesh
- ▶ Dr. G.V.G. Krishnamurthy, former Election Commissioner of India
- ▶ Mrs. Sonia Gandhi, Congress President
- ▶ Late Sh. Madhav Rao Scindia, former Minister of HRD



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