



CLASS IX
ENGLISH COURSE BOOK
UNIT III – GAMES AND SPORTS
LESSON - A
CODE OF CONDUCT OF THE MANIPURI MARTIAL ART : THANG -TA

NOTES

SUMMARY

- *Martial Art* is a rich tradition of *Manipur*.
- Related with *Manipuri folklore*.
- Learning *Thang-Ta* is not an easy matter.
- Strict code of conduct to be observed.
- Learner requires regular learning from a competent teacher/guru.
- The use of *Thang* (sword) and *Ta* (spear) was very intricate, involving both body and mind.
- The *Manipuris* dared the mighty *British* in war with the skill of the use of sword and spear (thang and ta).
- The learner has to cultivate strict *moral discipline*.
- *Physical strength* and *mental sharpness* are also necessary for the development of the skill.
- Lessons on *Thang-ta* require continuous practical sessions for perfect technique and improvement.


