

How to Learn Kho Kho

M.S. Tyagi

Dr. Shubhra Kathuria

Sheetal Chauhan





M.S. Tyagi
General Secretary
Kho Kho Federation of India



Dr. Shubhra Kathuria
Director Physical Education
Bharati College,
University of Delhi
Technical Official, KKFI



Ms. Sheetal Chauhan
KHO-KHO NIS Qualified,
Coach

KHO KHO ranks as one of the most popular traditional sports in India. Not only it was enjoyed by Men & Women but also by children. It is essentially a version of tag, which endows it with a few qualities - it is simple, inexpensive and enjoyable, that makes the game as enduring as it is endearing. The game demands physical fitness, strength, speed, and stamina. Dodging, feinting and bursting of controlled speed make this game quite thrilling. To catch by pursuit - to chase, rather than just run - is the capstone of KHO KHO. It is basically a modified form of Run-Chase. The game develops qualities such as obedience, discipline, sportsmanship, and loyalty between team members.

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Ph. 011-42564726, 47090343, 43551324 (M) 9811088729

E-mail : khelsahitya1@rediffmail.com, vivekthani@gmail.com

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