



மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்
MANONMANIAM SUNDARANAR UNIVERSITY

**SYLLABUS FOR DIPLOMA IN SILAMBAM MARTIAL ART
PROGRAM OFFERED THROUGH DIRECTORATE OF VOCATIONAL
EDUCATION (COMMUNITY COLLEGES AND VOCATIONAL SKILL
DEVELOPMENT CENTRES) FROM 2019 – 2020**



கல்விசார் நிலைக்குழுக் கூட்டம்

**MEETING OF THE STANDING COMMITTEE ON
ACADEMIC AFFAIRS HELD ON WEDNESDAY
THE 22nd JANUARY 2020**

DIPLOMA IN SILAMBAM MARTIAL ART

சிலம்பு தற்காப்பு கலை பட்டயம்

SCHEME OF EXAMINATION

Subject Code	Title of the Course	Credit	Hours	Passing Minimum
Semester I				
C19SM11/E19SM01	Origin and History of Silambam	6	90	40/100
C19SM12/E19SM02	Principles and Techniques in Silambam	6	90	40/100
C19SM13/E19SM03	Anatomy and Physiology	6	90	40/100
C19CE10/E19CE10	Communicative English	6	90	40/100
C19SMP1/E19SMP1	Practical I- Exercises, Foot – Work Pivot – Turnings, Circle – Movements With Swings	4	120	40/100
Semester II				
C19SM21/E19SM04	Customs, Rules and Regulation for Modern Silambam competition and contribution in the physical education	6	90	40/100
C19SM22/E19SM05	Educational Psychology and First Aid	6	90	40/100
C19LS23/E19LS05	Life Skill	6	90	40/100
C19SMP2/E19SMP2	Practical II- Defensive and Blocking Techniques	4	120	40/100
C19SMPW/E19SMPW	Project	10	150	40/100

Eligibility for admission: Pass in 10thStd examination conducted by the Govt. of Tamil Nadu Board of Secondary Education, Government of Tamil Nadu or any other equivalent examination.

Examination: Passing Minimum for each Course is 40%. Classification will be done on the basis percentage marks of the total marks obtained in all the Courses and as given below:

- | | | |
|-----------------------|---|--------------|
| 40% but less than 50% | - | Third class |
| 50% but less than 60% | - | Second class |
| 60% and above | - | First class |

Theory Paper

Internal Marks-25

External Marks-75

Syllabus

FIRST SEMESTER

Course – I	:	Origin and History of Silambam
Course – II	:	Principles and Techniques in Silambam
Course – III	:	Anatomy and physiology
Course – IV	:	Communicative English
Course – V	:	Practical I-Exercises, Foot – Work Pivot – Turnings, Circle – Movements With Swings

SECOND SEMESTER

Course – VI	:	Customs, Rules and Regulation for Modern Silambam competition and contribution in the physical education
Course – VII	:	Educational Psychology and First Aid
Course – VIII	:	Life Skill
Course – IX	:	Practical II- Defensive and Blocking Techniques
Course – X	:	Project

***(Semester Pattern for Community College only)**

SEMESTER I

(C19SM11/E19SM01) COURSE I

ORIGIN AND HISTORY OF SILAMBAM

Unit I

18 Hrs

Staff - Definition, Kind Treatment, Storing, dimensions - Staff Use - Universal, Use in India, Use in ancient Tamil Nadu and Present parts of Tamil Nadu.

Unit II

18 Hrs

Divisions - Long Stick, short stick, Development of weapons, bare hand technique, Fire Act, origin: Hunting stage, throwing Stage, Engaging in hand to hand fight Originated from the animals, Part of javelin, Part of Spear, The weapons of Adichanallur burials.

Unit III

18 Hrs

History: Archaeological evidences, Ancient Manuscripts, Literary references, Ancient Gymnasium, Silambam - Participation at the Battle of Panchalam Kurichi - Warlike and Marital Spirit : Achievement of Silambam Fencers, Warlike and martial Spirits of the Fencers.

Unit IV

18 Hrs

Customs : Connection with festivals, Customs, of Procession Arrangettam (Maiden Show) - Stages: Fore fathers uniform, Belt system, Anklet and Award System - Competition : Rules of Competition, Agreements, Notices. Comparison : Comparison with the order Marital arts - Special reference of Karatte.

Unit V

18 Hrs

Connection: Connection with the music - Connection with the dance - Connection with the Decorations - Connection with the culture - Connection with Kalialattam.

Text Book

- Arunachalam.A., 1998, Thenpandith Thamilarin Silamba varalarum Adimuraikalum (Vol.II), Palayamkottai:FRRC.
- Dr. J. David Daniel Raj. (1971). **Silambam- Adimuraikalum Varalaarum**, Alagappa College Publisher, Karaikudi.
- Dr. A.N. Perumal. (1980). **Tamil Nattupurak Kalaikal**, World Tamil Research Council Publishers, Chennai.

COURSE II

(C19SM12/E19SM02)PRINCIPLES AND TECHNIQUES IN SILAMBAM

Unit I

18 Hrs

Agastiar kampu sudiram – History and interpretations of sudirams.

Unit II

18 Hrs

Long Stick (Nedung Kampu) – measurements – Parts – methods of using long sticks – Defence methods - Blocks, Springs, Dodges, Bearings, Separations and deprivations.

Unit III

18 Hrs

Long Stick – methods and types of attacking

Unit IV

18 Hrs

Short Stick – measurements – Parts – methods of using long sticks – Defence methods

Unit V

18 Hrs

Weapons in Silambam – Type of weapons – methods of Defence and Attack in Silambam

Text Book

- Arunachalam.A., 1998, Thenpandith Thamilarin Silamba varalarum Adimuraikalum (Vol.II), Palayamkottai:FRRC.
- Dr. J. David Daniel Raj. (1971). **Silambam- Adimuraikalum Varalaarum**, Alagappa College Publisher, Karaikudi.
- Dr. A.N. Perumal. (1980). **Tamil Nattupurak Kalaikal**, World Tamil Research Council Publishers, Chennai.

COURSE III
(C19SM13/E19SM03) ANATOMY AND PHYSIOLOGY

Unit I **18 Hrs**

The Body as an Integrated whole - The erect and moving body -
Integration and Control of body

Unit II **18 Hrs**

Maintaining and Metabolism of the body

Unit III **18 Hrs**

Study of Nutrition - Nutritive Values - Balance Diet

Unit IV **18 Hrs**

Breathing Practice - Control of mind – Concentration

Unit V **18 Hrs**

Exercises for a healthy body

Course IV

(C19CE10/E19CE10)COMMUNICATIVE ENGLISH

1. **Basic Grammar:**

- a. Review of grammar
- b. Remedial study of grammar
- c. Simple sentence
- d. Word passive voice etc.

2. **Bubbling Vocabulary:**

- a. Synonyms
- b. Antonyms
- c. One – work Institution

3. **Reading and Understanding English**

- a. Comprehension passage
- b. Précis – writing
- c. Developing a story from hints.

4. **Writing English**

- a. Writing Business letters.
- b. Paragraph writing
- c. Essay writing
- d. Dialogue writing

5. **Speaking English**

- a. Expressions used under different circumstances
- b. Phonetics

Reference :

1. V.H.Baskaran – “English Made Easy”
2. V.H.Baskaran – “English Composition Made Easy” , (Shakespeare Institute of English Studies, Chennai)
3. N.Krishnaswamy – “Teaching English Grammar”, (T. R. Publication, Chennai)
4. “Life Skill” – P.Ravi, S.Prabakar and T. Tamzil Chelvam, M.S.University, Tirunelveli.

COURSE V

PRACTICAL – I

(C19SMP1/E19SMP1)EXERCISES, FOOT – WORK PIVOT – TURNINGS, CIRCLE – MOVEMENTS WITH SWINGS

List of Exercises:

- a. Foot work : Stances, Grips, Forwards Movements with Swings.
Down ward movements Swings Pivot turnings.
With Swains leaping and dodging.
- b. Movements in Circles : Three Circle Movements, Four Circle movements,
Eight circle movements, Sixteen circle movements,
Twenty four circle movements, thirty two circle
Movements,
- c. Physical Efficiency : Strength, Speed, Style, Agility, Endurance and
Neuro – Muscular Co-ordination

SEMESTER II

COURSE VI

(C19SM21/E19SM04)CUSTOMS, RULES AND REGULATION FOR MODERN SILAMBAM COMPETITION AND CONTRIBUTION IN THE PHYSICAL EDUCATION

Unit I **18 Hrs**

The Modern Competition: Motto, Rules and Regulations, Uniform, Category – Court Method of Entering, safety equipments, signals & Reactions, Permitted Targets, Prohibited Targets, Duties of the Officials.

Unit II **18 Hrs**

Qualifications of Officials - Coach, Judge, Jury - Statement forms Declaration, Combat Mark Sheet, Category - List, Culture events, Complaints, Judges Report.

Unit III **18 Hrs**

Conditioning - Diet, Exercises, Training, Sessions – Contribution in Physical Education, Contribution to Motor abilities.

Unit IV **18 Hrs**

Relative Connection - Relative, interest of Various Sections of the Population. Relative Usefulness in Sports, police, Army and Security Services.

Unit V **18 Hrs**

Evaluation - Evaluation of Silambam by Doctors in Physical Education - Promotion of Silambam as a National game. And added as a demonstration game in the VII SAF games at Madras cultural exchange Programmes.

Text Book

- Arunachalam.A., 1998, Thenpandith Thamilarin Silamba varalarum Adimuraikalum (Vol.II), Palayamkottai:FRRC.
- Dr. J. David Daniel Raj. (1971). **Silambam- Adimuraikalum Varalaarum**, Alagappa College Publisher, Karaikudi.
- Dr. A.N. Perumal. (1980). **Tamil Nattupurak Kalaikal**, World Tamil Research Council Publishers, Chennai.

COURSE – VII

(C19SM22/E19SM05) EDUCATIONAL PSYCHOLOGY & FIRST AID

Unit I **18 Hrs**

Psychology and the Teacher – Adjustment - Instincts and Emotional development - Learning

Unit II **18 Hrs**

Stages of Development - Individual differences - Skill, Taste, Sociability and character

Unit III **18 Hrs**

Aims and value of learning Silambam - Service to the society - citizenship qualities - Matership qualities - Need Silambam to Maintain the health.

Unit IV **18 Hrs**

Teaching through Direct experiences and Indirect experiences - Instructional Aids – Discipline - Test and Evaluation - Master’s Relationship (Master and the society) and Professional etiquette - Silambam Gymnasium (Place, health facilities and supplement)

Unit V **18 Hrs**

FIRST AID - Rescue from fire - Rescue from Drowning - Rescue form shock - Rescue from bleeding – Bandages - Burns and scalds - Electric shock – Poisoning - Other Emergencies - Carrying a Patient - Injuries Interior and Exterior - Traditional rescue ,methods in Silambam

Text Book

- Arunachalam.A., 1998, Thenpandith Thamilarin Silamba varalarum Adimuraikalum (Vol.II), Palayamkottai:FRRC.
- Dr. J. David Daniel Raj. (1971). **Silambam- Adimuraikalum Varalaarum**, Alagappa College Publisher, Karaikudi.
- Dr. A.N. Perumal. (1980). **Tamil Nattupurak Kalaikal**, World Tamil Research Council Publishers, Chennai.

Course VIII

(C19LS23/E19LS05) Life Skill

I Life Coping or adjustment

- (a) External and internal influence in one's life
- (b) Process of coping or adjustment
- (c) Coping with physical change and sexuality
- (d) Coping with stress, shyness, fear, anger far live and criticism.

II Attitude

- (a) Attitude
- (b) Self acceptance, self – esteem and self actualization
- (c) Positive thinking

III Problem Solving

- (a) Goal Setting
- (b) Decision Making
- (c) Time Management and stress Management.

IV Computers

- (a) Introduction to Computers
- (b) M. S. Office
- (c) Power Point

V Internet

- (a) Introduction to internet
- (b) E – mail
- (c) Browsing

References:

- 1) Life Skill Programme course I & II by Dr. Xavier Alphona MCRDCE Publications. R.K.Mutt Road, Chennai – 28
- 2) ஆளுமை பண்பு வளர்த்தல் மற்றும் தகவல் தொடர்பு by M.Selvaraj Community College, Palayamkottai
- 3) “Life Skill” –P.Ravi, S.Prabahar & T.Tamil Chelvam, M.S. University, Tirunelveli

COURSE IX

(C19SMP2/E19SMP2) PRACTICAL – II

DEFENSIVE AND BLOCKING TECHNIQUES

List of Exercises

- A.** Defensive Techniques : Blocks, Springs, Dodges, Bearings, Separations and deprivations.
- B.** Defence against Multi: Defences against two opponents, Defences against mob
- C.** Showmanship games : Short Stick Silambam & Duuble hand rotations with stick.
- D.** Bare hand defensive Techniques: Blocks and locks
- E.** Modern competition : Self Skill performance, Movement and method of taking point inside of the ring.

COURSE X

(C19SMPW/E19SMPW) PROJECT

Need compulsory internship/projects related to the course.
