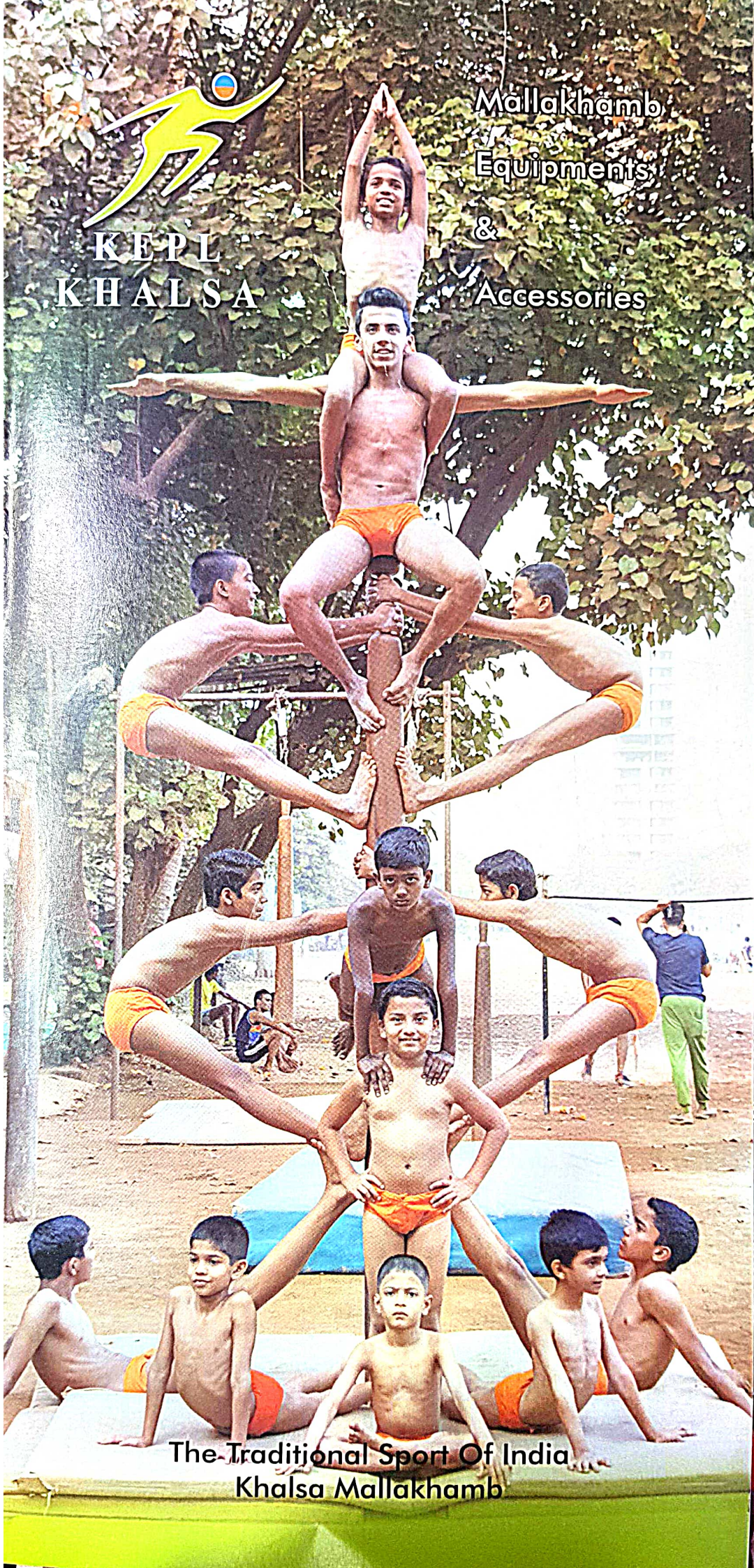




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The Traditional Sport Of India
Khalsa Mallakhamb

Mallakhamb

Mallakhamb is a traditional sport, originating from the Indian subcontinent, in which a gymnast performs aerial yoga or gymnastic postures and wrestling grips in concert with a vertical stationary or hanging wooden pole, cane, or rope. The word Mallakhamb also refers to the pole used in the sport.

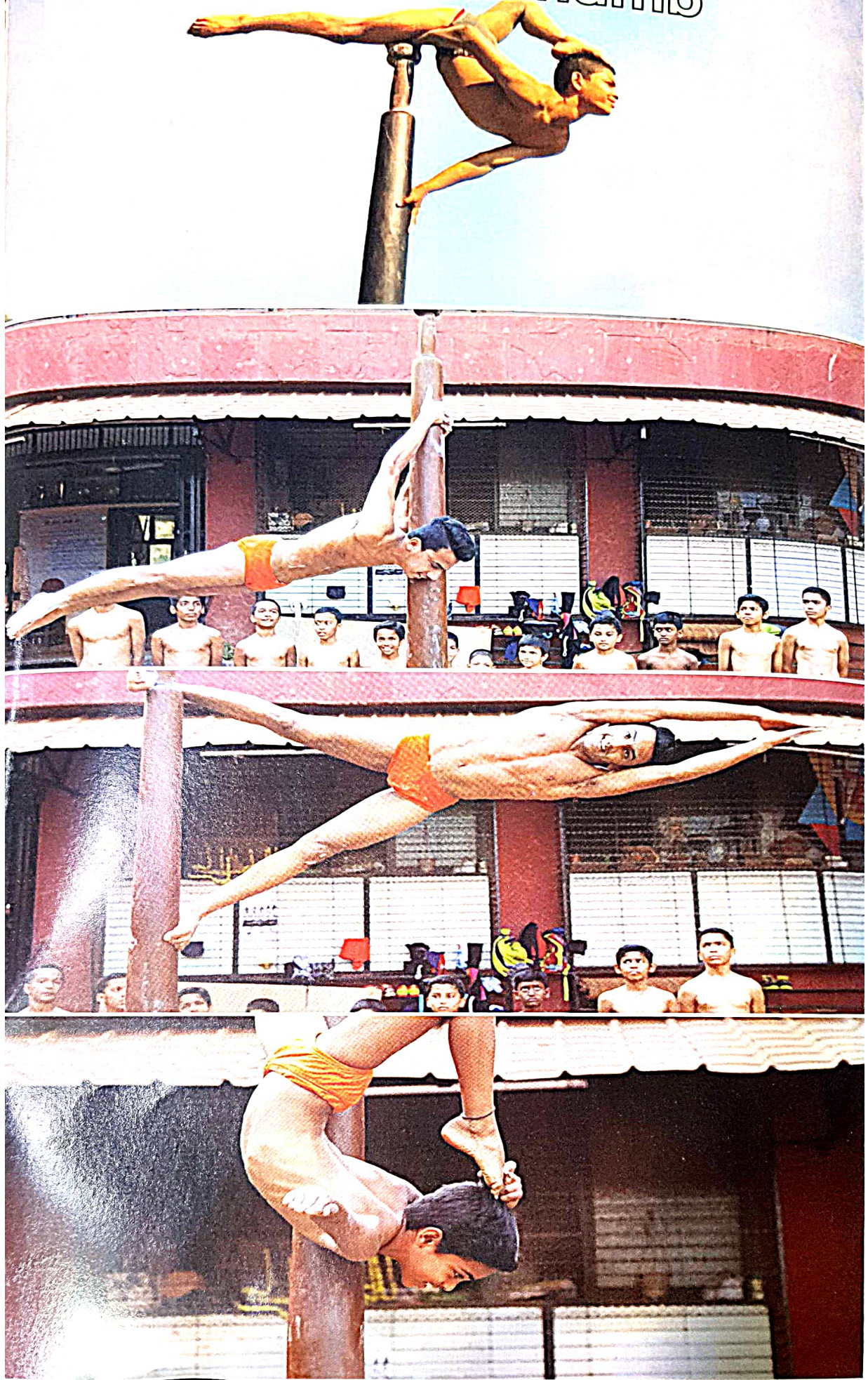
[1] The pole is usually made from sheesham (Indian rosewood) polished with castor oil.

[2] Three popular versions of Mallakhamb are practiced using a sheesham pole, cane, or rope.

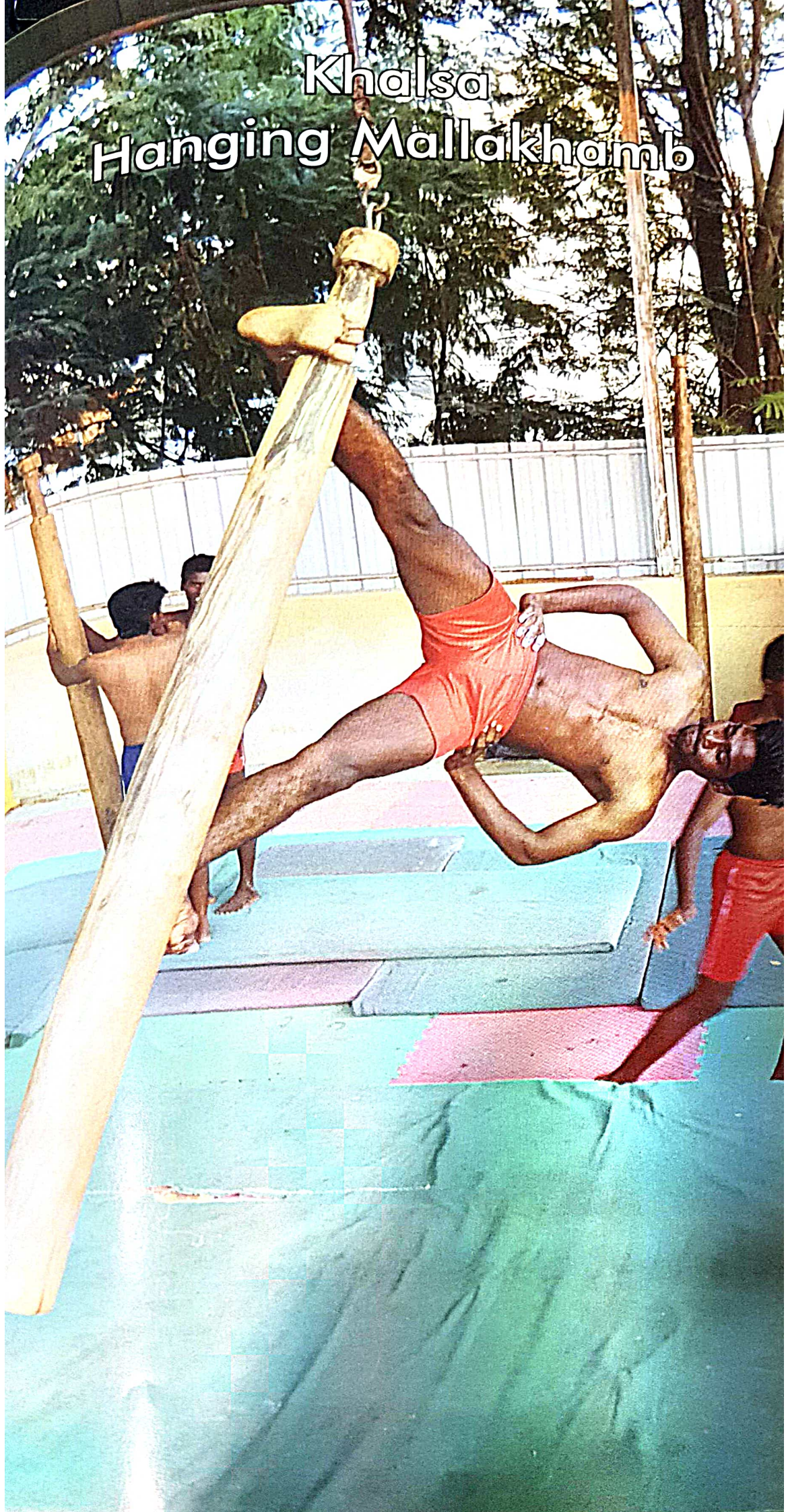
[3] The name Mallakhamb derives from the terms malla, meaning wrestler, and khamb, which means a pole. Literally meaning "wrestling pole", the term refers to a traditional training implement used by wrestlers.



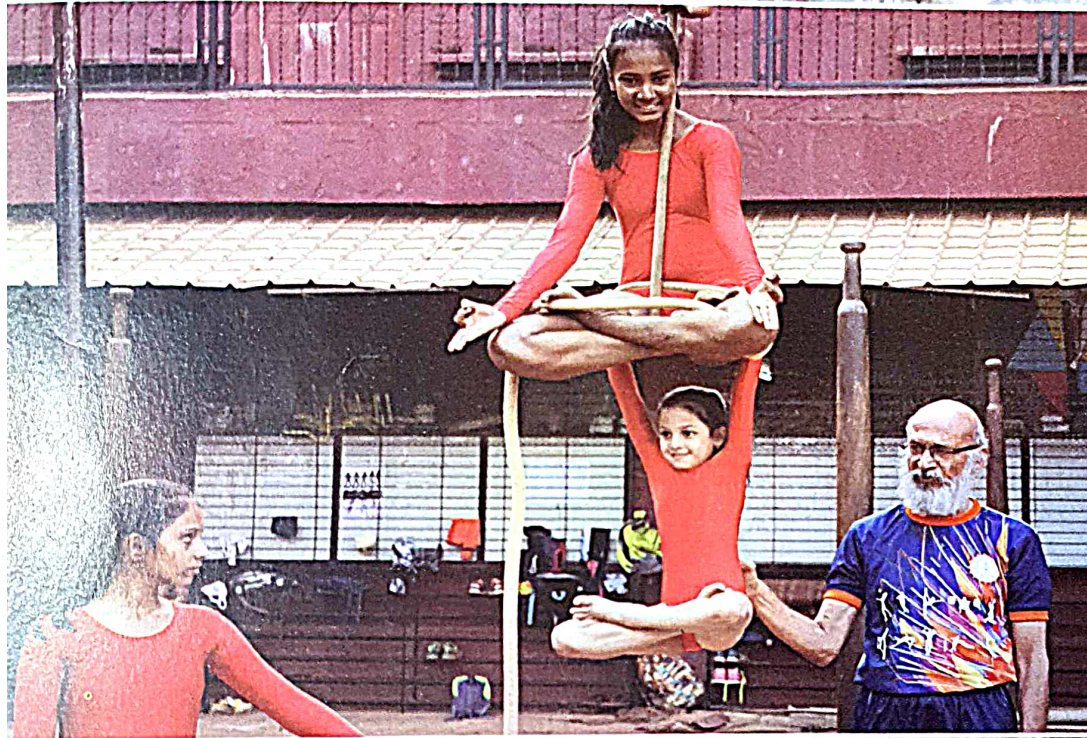
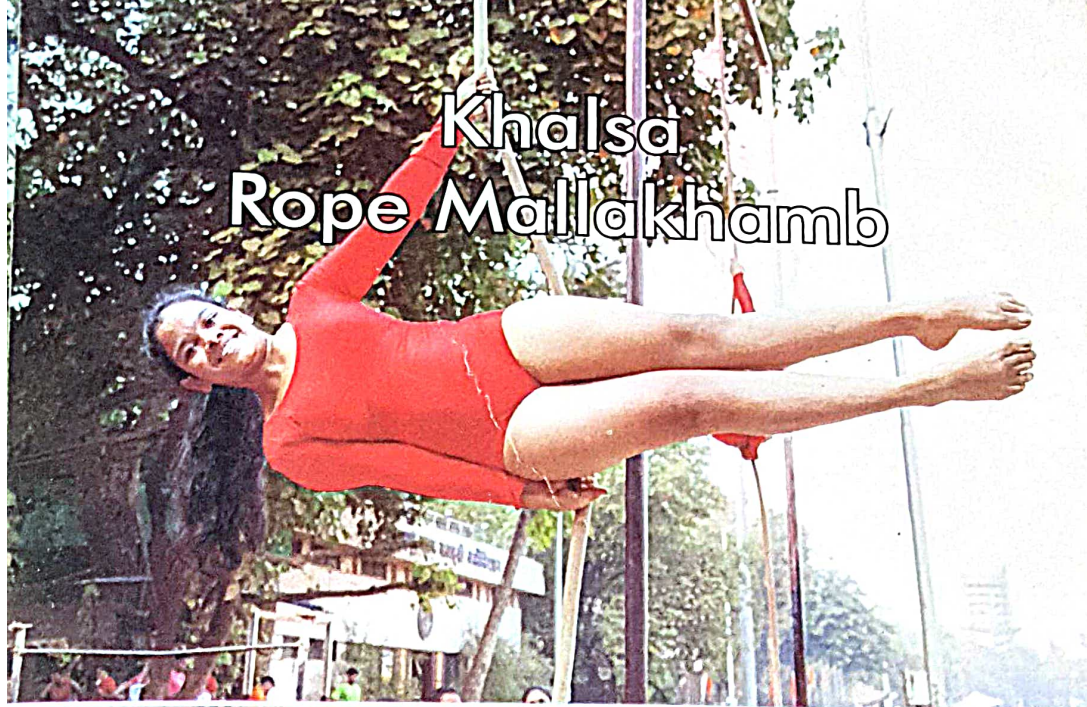
Khalsa Pole Mallakhamb



Khalsa Hanging Mallakhamb

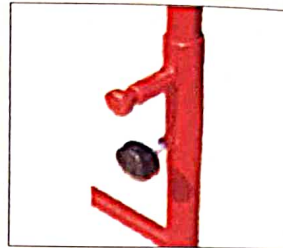
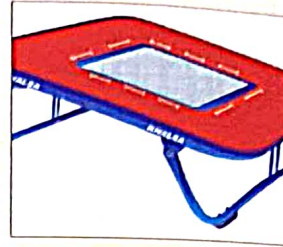
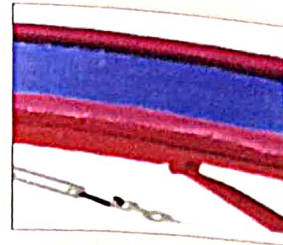


Khalsa Rope Mallakhamb

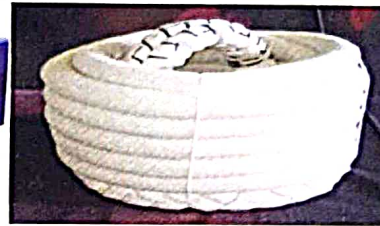




MALLAKHAMB TRAMPOLINE



MALLAKHAMB MAT



MALLAKHAMB ROPE

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