



# DOCUMENTATION OF TRADITIONAL EXERCISE VITA FEK

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## Abstract

Ancient days for the purpose of survival the human being used so many of apparatus as in form of traditional , vita fek is one of them.The purpose of this paper is to preserved and documented the way to use vita and the technique of exercise along with the indentification. The researcher have gone through so many article in form of secondary sources and collected the information regarding vita fek which is going to obliterated which is need to preserved.

**Keywords:***Documentation, Traditional Exercise, Vita.*

**Introduction:** In ancient days when long-ranged war apparatus or weapons of the modern type were not invented, importance was given to combats and weapons like swords, spears, bows, arrows, lances, axes etc. were freely used to kill the opponents. Lance – fights on horseback were also current. Vita is a apparatus or weapon which was used to be hurled towards the enemy from a far. We do neither know the origin of this weapon nor its history as regards who introduced it and who first used it. But so far it can be ascertains that it was used by the Marathas in their army. In Deccan it was used as a war weapon. Though it is not used now-a-days, they exhibit it as a specimen of an ancient war-weapon.

**Methodology:** To fulfill the purpose of the study the researcher have gone through several articals, papers and books which help to collect all the information as secondary source to know about VITA FEK.

**Orientation & Measurement:** Vita is a length of five feet long, with a strong string of five or six feet in length fastened to the bottom-end. Its head is just similar to the head of a lance with a thread- ball attached to it for decoration. A man at a distance of 10 feet can be easily wounded by hurling this weapon. It can be withdrawn with the help of the strong string, the other end of which is firmly fastened to the right wrist. Practice is needed to make use of this weapon and a drill therein forms a sort of exercise which develops agility, skill, aim and courage and hence it is included in this volume.

**The Method of Using Vita:** The person armed with Vita is surrounds by persons armed with swords and shields. In an exhibition fight the person holding Vita stars with a salutation to his opponents who return it in turn. The fighter changes his standing positions according to the needs of the attacks made on his by his opponents. Fighter flings his weapon and keeps his foes at a distance. The foes defend themselves from the Vitas thrust by receiving it on their shields. It is interesting to see the exhibition on this game. The fighter changes his position in all direction and takes the offensive and defensive moves against his opponents.

**Concluction:**

Finally I can say that it is an ancient weapon of apparatus used for hunting purpose. It is an excellent way of Individual exercise but now a days we can't see the demonstration of Vita although it may be consider as indigenous apparatus exercise which is obliterate sharply from our physical education as well as sports arena need to preserve.

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