



Study Notes for Indoor games (Chess, Table tennis, Badminton, Boxing)

Today, we will cover some indoor games and their fascinating facts so tie your seatbelt and get ready to fly over all the skies.

In India, we are fond of sports. We Indians love cricket, there are many prodigies who are in the way to nail the international chess board and there are other games too. Broadly speaking there are two type of games:

1. Indoor Games
2. Outdoor Games

Indoor Games

Indoor games are those games which are played inside a stadium or a closed environment. Indoor games may involve very less physical activity. They are away from the possibility of interference due to weather (rain, wind, etc). These games involve a very small play area, usually limited to a single tabletop.

Now, we will learn about the indoor games and we will begin from the game which originated within India.

Chess

Chess first appeared India in the 6th century AD and, by the 10th century, had spread around Asia. It is a board game played between two players. The board is specially designed with pieces of contrasting colours, commonly white and black. The representatives of 15 countries met in Paris in 1924 to organise the first permanent international chess federation, known as FIDE (Fédération Internationale des Échecs). A grandmaster (GM) in chess must have attained an "Elo rating" of at least 2500; although he need not maintain this level to obtain or keep the title. As of May of 2023, the number 1 player in chess is GM Magnus Carlsen of Norway. Amongst Indian chess players there are 82 grandmasters. **Viswanathan "Vishy" Anand** is an Indian chess grandmaster and a five-time world chess champion. He became the first grandmaster from India in 1988. There are three types of chess tournaments:

1. Classical: The classical format of the game has no time control but has a total time limit of 10 hours.
2. Blitz: Blitz is a format, where each player gets a time control of three minutes and two additional seconds to make a move.
3. Rapid: Rapid is a slower format than blitz. Here, a player has 15 minutes, plus 10 additional seconds to make a move, starting from move 1. Our Vishy is the current world champion in this format.

Table tennis

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Table tennis is played on a table, it is played between two players or between a team of two players. It is played on a flat table divided into two equal courts by a net fixed across its width in the middle. The game was invented in England in the early days of the 20th century and was originally called Ping-Pong. The table is rectangular, 9 by 5 feet, its upper surface level plane 30 inches above the floor. The net is 6 feet long. The game first appeared in the Olympics for the first time in 1988 at Seoul (Capital of South Korea). The International Table Tennis Federation is the reigning authority of the game. The World Table Tennis Championships are table tennis competitions sanctioned by the International Table Tennis Federation. The World Championships have been held yearly since 1926, and biennially since 1957. The Olympic Table Tennis competition consists of four categories: Men's Singles, Women's Singles, Men's Team and Women's Team. **Manika Batra** is an Indian table tennis player who was awarded the Major Dhyan Chand Khel Ratna in 2020. **Achanta Sharath Kamal** (born 12 July 1982) is an Indian professional table tennis player. He is the first Indian table tennis player ever to become nine times Senior National Champion. Hailing from Kolkata, **Poulomi Ghatak** is one of the most celebrated names in Indian table tennis. Currently a veteran of the sport, Ghatak is a 7-time Champion and boasts of a silver medal from the 2010 Commonwealth Games in the Women's Team event.

Badminton

The modern game of badminton developed in the mid-19th century among the expatriate officers of British India as a variant of the earlier game of battledore and shuttlecock. The Badminton World Federation is the international governing body for the sport of badminton recognised by the International Olympic Committee and has its headquarters in Malaysia. It was founded in 1934 as the International Badminton Federation with nine member nations. The 1972 Summer Olympics saw the inaugural staging of badminton, as a demonstration sport. Two decades later the sport was officially introduced to the Olympics in 1989, and debuted in competition at the 1992 Games. A badminton court is 13.4m long and 6.1m wide. A badminton match is of 5 types:

1. Men's singles
2. Men's doubles
3. Mixed doubles
4. Women's singles
5. Women's Doubles

India's chief national coach Pullela Gopichand also known as the Godfather of Indian badminton taught Saina Nehwal, P.V. Sindhu and other shining stars of India. **Saina Nehwal** won the bronze medal in the individual women's competition at the 2012 London Olympic Games, the first Olympic medal for the country in badminton. After that **P.V. Sindhu** continues the track by winning the second and the third Olympic medal in badminton for India, winning a silver and a bronze medal at the 2016 Rio Olympics and the 2020 Tokyo Olympics respectively.

Boxing

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The earliest visual evidence for boxing appears in Sumerian relief carvings from the 3rd millennium. After that it evolved around the globe in different ways. Boxing made its debut in the Olympics in 1904 games in St. Louis. As USA was the only country that participated in boxing, they won all the medals. In Olympic Style male division, the weight divisions are:

1. Light flyweight, not more than 108 pounds (49 kg)
2. Flyweight, 115 pounds (52 kg)
3. Bantamweight, 123 pounds (56 kg)
4. Lightweight, 132 pounds (60 kg)
5. Light welterweight, 141 pounds (64 kg)
6. Welterweight, 152 pounds (69 kg)
7. Middleweight, 165 pounds (75 kg)
8. Light heavyweight, 178 pounds (81 kg)
9. Heavyweight, 201 pounds (91 kg)
10. Super heavyweight, any weight over 201 pounds (91 kg)

In Olympic Style female division, the weight divisions are:

1. Flyweight, 106 to 112 pounds (48 to 51 kg)
2. Lightweight, 123 to 132 pounds (56 to 60 kg)
3. Middleweight, 152 to 165 pounds (69 to 75 kg)

The International Boxing Association, previously known as the Association Internationale de Boxe Amateur was founded in 1946 at Lausanne, Switzerland. Muhammad Ali was an American professional boxer nick named as THE GREATEST who was the first fighter to win the world heavyweight championship on three separate occasions and at 18, he won a gold medal in the light heavy weight division at the 1960 Summer Olympics. Michael Gerard Tyson is an American professional boxer who competed from 1985 to 2005. Nicknamed Iron Mike, Kid Dynamite, The Baddest Man on the Planet. He is a former undisputed heavyweight champion of the world and holds the record as the youngest boxer to win the WBC, WBA and IBF heavyweight titles. India has won three Olympic medals in boxing, all bronze medals. Vijender Singh won at Beijing 2008, Mary Kom at London 2012 and Lovlina Borgohain at Tokyo 2020. Mohammed Ali Qamar is a boxer from Kolkata, India. He was the first Indian to win a gold medal in the discipline of boxing in the Commonwealth Games in 2002 hails from Ghettos of Kidder pore in Kolkata.

This was all about few important indoor games, further we will talk about some more indoor games. Stay connected.