

# Sepak Takraw

Sepak takraw is a sport native to Southeast Asia. It uses a rattan ball and only allowing players to use their feet, knee, chest and head to touch the ball. "Sepak" is the Malay word for kick and "takraw" is the Thai word for a woven rattan ball; therefore sepak takraw quite literally means "to kick a ball".

In Indonesia, sepak takraw was spread from nearby Malacca across the strait to Riau islands and Riau area in Sumatra as early as the 16th century, where it is also called as "Sepak Raga" in local Malay tongue, at that time some of Sumatran areas were part of Malacca sultanate. From there the Malay people spread across archipelago and introduced the game to Buginese people in Sulawesi. Then the game is developed as Buginese traditional game which is called "Raga" (the players are called "Pa'Raga"). The "Raga" can trace its origin from Malacca Sultanate, and was popular in South Sulawesi since the 19th century.

What does "sepak" mean in Malay?

- a) to kick a ball
- b) woven rattan ball
- c) kick

Where does word 'takraw' originated from?

- a) Indonesia
- b) Malacca
- c) Thailand

Where can the origin of "Raga" be traced?

- a) From the Malaccan Sultanate
- b) From Sulawesi
- c) From Indonesia

In Thailand (formerly Siam), there was evidence that the Thai had played Sepak Takraw since the 16th century. A French historian, François Henri Turpin, wrote about how the Siamese played the game of takraw to stay in shape. Murals at Bangkok's Wat Phra Kaeo which was built in 1785, depict the Hindu god Hanuman playing sepak takraw in a ring with a troop of monkeys. The game was played in its circle form for hundreds of years, and the modern version of sepak takraw began taking shape in Thailand sometime during the early 1740s.

In the Philippines the sport was called "sipà". It is a popular sport played by children in Philippines. It was the Philippine national sport until it was replaced by arnis in 2009. Sepak Takraw is included in Philippine's elementary and highschool curriculum.

What did the Murals in Bangkok in 1785 depict?

- a) The Malay ancestors playing sepak takraw
- b) The Thai Sultan playing sepak takraw
- c) The Hindu god playing sepak takraw in a ring with the monkeys

Which is a FALSE statement?

- a) In Indonesia, sepak takraw was spread from nearby Malacca across the strait to Riau islands and Riau area in Sumatra as early as the 16th century
- b) There was no evidence that the Thai had played Sepak Takraw since the Ayutthaya Kingdom
- c) It is a popular sport played by children in the Philippines

Why did Siamese play the game of takraw?

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