

IPAP 2026 Silambam Lesson Plan

Prepared by Kalari Academy

Programme Outcome

At the end of the 30 weeks programme students should be able to demonstrate the programme topics in an intermediate level

Programme Syllabus:

1. Silambam Foundation: Vetu and Vaaral (Left and Right proficiency)
2. Level 1 Silambam Salutation
3. Alangara Silambam: Front Spin, Back Spin
4. Alangara Silambam: Silambam 1
5. Por Silambam Foundation: Sliding hand practise
6. Por Silambam: Sequence A, B, C, D
7. Por Silambam: 1-2-3-4 Attack and Defence

Lesson Plan

Week	New Students	Performers
T1 W1 10 Jan 2026	1. Introduction on what is Silambam 1. Warm up 2. Kaalgal Introduction 3. Silambam foundation spins (Vetu, Vaaral spin & Change hands) 4. Silambam Level 1 Salutation	1. Alangara Silambam Performance sequence practise 2. Por Silambam Performance sequence practise
T1 W2 17 Jan 2026	1. Warm up 2. Kaalgal Warmup 3. Silambam foundation spins (Vetu, Vaaral spin) 4. Silambam Level 1 Salutation 5. Por Silambam: Sliding Hands	1. Alangara Silambam Performance sequence practise 2. Por Silambam Performance sequence practise
T1 W3 24 Jan 2026	1. Warm up 2. Silambam Level 1 Salutation 3. Silambam foundation spins (Vetu, Vaaral spin moving forward) 4. Alangara Silambam: Front Attach, Back Defence (Basic) 5. Por Silambam: Sliding Hands moving forward and backward	1. Alangara Silambam Performance sequence practise 2. Por Silambam Performance sequence practise

T1 W4 31 Jan 2026	1. Warm up and Silambam Level 1 Salutation 2. Silambam Warm up spins (Vetu, Vaaral spin moving forward and back) 3. Alangara Silambam: Front Attach, Back Defence (Advance) 4. Por Silambam: Sequence A	1. Alangara Silambam Performance sequence practise 2. Por Silambam Performance sequence practise
T1 W5 7 Feb 2026	Performance: Parents Engagement Session	
T1 W6 14 Feb 2026	1. Warm up and Silambam Level 1 Salutation 2. Silambam Warm up spins (Vetu, Vaaral spin moving forward and back, changing hands while moving) 3. Alangara Silambam: Front Attach, Back Defence (Advance practise) 4. Por Silambam: Sequence B	1. Alangara Silambam advance sequence 1 2. Por Silambam Performance advance sequence 1
T1 W7 21 Feb 2026	1. Warm up and Silambam Level 1 Salutation 2. Silambam Warm up spins 3. Alangara Silambam: Front Attach, Back Defence (Advance practise) 4. Alangara Silambam: Front Spin Basic 5. Por Silambam: Sequence C	1. Alangara Silambam advance sequence 1 2. Por Silambam Performance advance sequence 1
T1 W8 28 Feb 2026	1. Warm up and Silambam Level 1 Salutation 2. Silambam Warm up spins 3. Alangara Silambam: Front Attach, Back Defence (Advance practise) 4. Alangara Silambam: Front Spin Advance 5. Por Silambam: Sequence D	1. Alangara Silambam advance sequence 2 2. Por Silambam Performance advance sequence 2
T1W9 7 Mar 2026	1. Warm up and Silambam Level 1 Salutation 2. Silambam Warm up spins 3. Alangara Silambam: Front Attach, Back Defence (Advance practise) 4. Alangara Silambam: Front Spin Advance practise 5. Por Silambam: Sequence A, B, C, D practise	1. Alangara Silambam advance sequence 2 2. Por Silambam Performance advance sequence 2
T1W10 14 Mar 2026	Term 1 Vacation	
T2W1 21 Mar 2026	Term 1 Vacation	
T2W2 28 Mar 2026	Recap Week 1. Warm up and Silambam Level 1 Salutation 2. Silambam Warm up spins 3. Alangara Silambam: Front Attach, Back Defence (Advance practise) 4. Alangara Silambam: Front Spin Advance practise	Recap Week 1. Alangara Silambam advance sequence 1 & 2 2. Por Silambam Performance

	5. Por Silambam: Sequence A, B, C, D practise	advance sequence 1 & 2
T2W3 4 Apr 2026	1. Warm up and Silambam Level 1 Salutation 2. Silambam Warm up spins 3. Alangara Silambam: Front Attach, Back Defence (Advance practise) + 2nd side 4. Alangara Silambam: Front Spin Advance practise 5. Por Silambam practise: Sequence A, B, C, D	Recap 1. Alangara Silambam advance sequence 1 & 2 2. Por Silambam Performance advance sequence 1 & 2
T2W4 11 Apr 2026	Finals Exams	
T2W5 18 Apr 2026	1. Warm up and Silambam Level 1 Salutation 2. Silambam Warm up spins 3. Alangara Silambam: Front Attach, Back Defence (Advance practise) + 2nd side 4. Alangara Silambam: Front to Back Spin 5. Por Silambam: 1-2-3-4 Attack and defence	1. Alangara Silambam advance sequence 1 +2 combination 2. Por Silambam Performance advance sequence 1 +2 combination
T2W6 25 Apr 2026	1. Warm up and Silambam Level 1 Salutation 2. Alangara Silambam: Front to Back Spin warm up 3. Alangara Silambam: Front Attach, Back Defence (Advance practise) + 2nd side 4. Por Silambam: 1-2-3-4 Attack and defence	1. Alangara Silambam advance sequence 1 +2 combination 2. Por Silambam Performance advance sequence 1 +2 combination
T2W7 2 May 2026	1. Warm up and Silambam Level 1 Salutation 2. Alangara Silambam: Front to Back Spin warm up 3. Alangara Silambam: Under the arm strike 4. Por Silambam: A-B-C-D + 1-2-3-4 sequences	1. Alangara Silambam advance sequence 3 2. Por Silambam Performance advance sequence 3
T2W8 9 May 2026	1. Warm up and Silambam Level 1 Salutation 2. Alangara Silambam: Front to Back Spin warm up 3. Alangara Silambam: Under the arm strike 4. Por Silambam: A-B-C-D + 1-2-3-4 sequences	1. Alangara Silambam advance sequence 3 2. Por Silambam Performance advance sequence 3
T2W9 16 May 2026	RECAP Week	RECAP Week
T2W10 23 May 2026	Mid Year Grading	Mid Year Grading
JUNE HOLIDAYS		

T3W1 4 Jul 2026	RECAP 1. Warm up and Silambam Level 1 Salutation 2. Alangara Silambam: Front to Back Spin warm up 3. Alangara Silambam: Under the arm strike 4. Por Silambam: A-B-C-D + 1-2-3-4 sequences	RECAP 1. Alangara Silambam advance sequence 1 + 2 combination 2. Por Silambam Performance advance sequence 1 + 2 combination
T3W2 11 Jul 2026	1. Alangara Silambam Warm up 2. Alangara Silambam: Advance Sequence 1 3. Por Silambam: Advance Sequence 1	1. Alangara Silambam advance sequence 3 2. Por Silambam Performance advance sequence 3
T3W3 18 Jul 2026	1. Alangara Silambam Warm up 2. Alangara Silambam: Advance Sequence 1 3. Por Silambam: Advance Sequence 1	1. Alangara Silambam advance sequence 4 2. Por Silambam Performance advance sequence 4
T3W4 25 Jul 2026	Tamil Fest Performance	
T3W5 1 Aug 2026	MTLS Performance	
T3W6 8 Aug 2026	NO CLASS	
T3W7 15 Aug 2026	1. Alangara Silambam Warm up 2. Alangara Silambam: Advance Sequence 2 3. Por Silambam: Advance Sequence 2	1. Alangara Silambam advance sequence 3 + 4 combination 2. Por Silambam Performance advance sequence 3 + 4 combination
T3W8 22 Aug 2026	1. Alangara Silambam Warm up 2. Alangara Silambam: Advance Sequence 2 3. Por Silambam: Advance Sequence 2	1. Alangara Silambam advance sequence 3 + 4 combination 2. Por Silambam Performance advance sequence 3 + 4 combination

T3W9 29 Aug 2026	1. Alangara Silambam Warm up 2. Alangara Silambam: Advance Sequence 2 3. Por Silambam: Advance Sequence 2	1. Alangara Silambam advance sequence 3 + 4 combination 2. Por Silambam Performance advance sequence 3 + 4 combination
T3W10 5 Sept 2026	NO CLASS	
T4W1 19 Sept 2026	RECAP 1. Alangara Silambam Warm up 2. Alangara Silambam: Advance Sequence 1 & 2 3. Por Silambam: Advance Sequence 1 & 2	RECAP 1. Alangara Silambam advance sequence 3 + 4 combination 2. Por Silambam Performance advance sequence 3 + 4 combination
T4W2 26 Sept 2026	1. Alangara Silambam Warm up 2. Alangara Silambam: Advance Sequence 1 +2 combination 3. Por Silambam: Advance Sequence 1 +2 combination	1. Alangara Silambam advance sequence 5 2. Por Silambam Performance advance sequence 5
T4W3 3 Oct 2026	1. Alangara Silambam Warm up 2. Alangara Silambam: Advance Sequence 1 +2 combination 3. Por Silambam: Advance Sequence 1 +2 combination	1. Alangara Silambam advance sequence 5 2. Por Silambam Performance advance sequence 5
T4W4 10 Oct 2026	1. Alangara Silambam Warm up 2. Alangara Silambam: Advance Sequence 1 +2 combination 3. Por Silambam: Advance Sequence 1 +2 combination	1. Alangara Silambam advance sequence 5 2. Por Silambam Performance advance sequence 5
T4W5 17 Oct 2026	PERFORMANCE PRACTICE	
T4W6 24 Oct 2026		
T4W7 31 Oct 2026	IPAP Appreciation Week	
End of Year Holidays		