

Class 9 - Physical Education and Well Being

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Combat Sports

CBSE NOTES

Combat Sports - Mastery Worksheet

Strengthen your foundation with key concepts and basic applications.



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Solve the following questions. Write your answers in the space provided.

1. Discuss the evolution of Judo from Jiu-Jitsu. How did the development by Professor Jigoro Kano in 1882 impact its inclusion in the Olympics?

Hint: Consider the historical context and the philosophy behind Judo's transition to a sport.

2. Compare the rules and scoring systems of Freestyle and Greco-Roman Wrestling, identifying one major strategic difference.

Hint: Focus on the implications of these rules on wrestlers' strategies.



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Solve the following questions. Write your answers in the space provided.

3. Analyze the significance of weight classes in Judo and Wrestling. How do they contribute to athlete safety and fairness?

Hint: Discuss physical principles such as mass and force in your answer.

4. Explicate the philosophy behind Taekwondo and how it integrates self-discipline with physical skills.

Hint: Compare Taekwondo's philosophy with another martial art you know.



Solve the following questions. Write your answers in the space provided.

5. Evaluate the impact of modern rules introduced in boxing with the Marquess of Queensberry Rules of 1867 on the sport's evolution.

Hint: Consider both the safety and competitive aspects of these changes.

6. Discuss the historical context of women in combat sports, focusing on the introduction of women's wrestling in the Olympics in 2004.

Hint: Identify barriers faced historically and how they were overcome.



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Solve the following questions. Write your answers in the space provided.

7. Identify and compare the training philosophies of traditional Indian wrestling (Pehlwani) and modern Olympic wrestling.

Hint: Consider discussing cultural impacts on training methods.

8. Formulate your opinion on the importance of martial arts in developing youth character. Give examples from Taekwondo and Judo.

Hint: Reflect on personal experiences or observations.



Solve the following questions. Write your answers in the space provided.

9. Assess the role of Olympic combat sports in promoting national pride and international cooperation.

Hint: Consider references to historical events or athletes that symbolize national pride.

10. Explore the similarities and differences in the training methods of Judo and Taekwondo, focusing on their respective cultural backgrounds.

Hint: Think about how culture influences the development of each sport.



Check your answers with the solutions below.

1. Discuss the evolution of Judo from Jiu-Jitsu. How did the development by Professor Jigoro Kano in 1882 impact its inclusion in the Olympics?

Solution: Judo evolved from Jiu-Jitsu, focusing on leverage and technique rather than strength. Kano's establishment of the first Judo school formalized its teaching and grading, paving the way for its Olympic inclusion in 1964. Diagrams can illustrate the progression from Jiu-Jitsu techniques to Judo forms.

2. Compare the rules and scoring systems of Freestyle and Greco-Roman Wrestling, identifying one major strategic difference.

Solution: Both styles follow similar scoring protocols but differ significantly in their use of leg attacks. Freestyle permits them, enhancing scoring opportunities, while Greco-Roman strictly forbids this. Utilize a table for clarity.

3. Analyze the significance of weight classes in Judo and Wrestling. How do they contribute to athlete safety and fairness?

Solution: Weight classes ensure that competitors face similarly weighted opponents, minimizing injury risk from mismatches in mass, force, and inertia. Compare the specific categories in Judo and Wrestling in a chart.

4. Explicate the philosophy behind Taekwondo and how it integrates self-discipline with physical skills.

Solution: Taekwondo aims for harmony and self-control, teaching practitioners to channel their skills towards peaceful resolutions. Diagrams of practice forms (hyung) can visualize this integration of mind and body.



Check your answers with the solutions below.

5. Evaluate the impact of modern rules introduced in boxing with the Marquess of Queensberry Rules of 1867 on the sport's evolution.

Solution: The introduction of gloves and round limits transformed boxing into a safer and more strategic sport, influencing its legal framework and athlete safety standards. A timeline could highlight key milestones.

6. Discuss the historical context of women in combat sports, focusing on the introduction of women's wrestling in the Olympics in 2004.

Solution: Women's wrestling was recognized at the Athens Olympics as a culmination of efforts towards gender equality in sports. Analyze the societal impacts with diagrams showing female participation trends.

7. Identify and compare the training philosophies of traditional Indian wrestling (Pehlwani) and modern Olympic wrestling.

Solution: Pehlwani emphasizes strength and traditional techniques, while Olympic styles focus on technique, speed, and international standards. A Venn diagram can effectively compare them.

8. Formulate your opinion on the importance of martial arts in developing youth character. Give examples from Taekwondo and Judo.

Solution: Martial arts cultivate discipline, respect, and perseverance, essential for youth development. Use examples such as competitive success in Judo, and character development in Taekwondo to support your opinion.

9. Assess the role of Olympic combat sports in promoting national pride and international cooperation.

Solution: Olympic events foster an environment of camaraderie among nations, with sports like boxing and wrestling showcasing athletes who represent their countries. Illustrate with case studies of athletes.





Check your answers with the solutions below.

10. Explore the similarities and differences in the training methods of Judo and Taekwondo, focusing on their respective cultural backgrounds.

Solution: Both sports emphasize discipline, yet Judo focuses more on grappling, while Taekwondo prioritizes striking tactics. Tables or charts may help in visualizing similarities and differences.



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