

Class 9 - Physical Education and Well Being

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Combat Sports

CBSE NOTES

Combat Sports - Practice Worksheet

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

1. What is Judo and how does the grading system enhance the learning experience?

Hint: Consider the importance of the belt system in achieving personal goals.

2. Describe the major differences between Freestyle and Greco-Roman wrestling.

Hint: Focus on the allowances and restrictions of each style.



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

3. Explain the significance of weight categories in combat sports and their impact on athlete safety.

Hint: Think about how different weights might affect performance and safety.

4. What role does Taekwondo play in personal development beyond physical skills?

Hint: Reflect on how martial arts principles can influence personal behavior.



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

5. Discuss the historical evolution of Boxing and its significance in modern sports.

Hint: Consider the societal impacts of boxing beyond just being a sport.

6. Analyze the importance of mental preparation in combat sports and its effects on performance.

Hint: Reflect on how athletes prepare themselves mentally before matches.



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

7. Explain the concept of technique versus strength in combat sports and provide examples.

Hint: Think about examples where technique led to success against stronger opponents.

8. Describe the cultural significance of Indian wrestling (Kushti) in enhancing community and tradition.

Hint: Think about how community gatherings for Kushti influence local culture.



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

9. What are the rules governing an Olympic boxing match, and how do they ensure fair play?

Hint: Consider the role of judges and referees in maintaining the integrity of the match.



Check your answers with the solutions below.

1. What is Judo and how does the grading system enhance the learning experience?

Solution: Judo is a modern martial art that evolved from the ancient Japanese art of Jiu-Jitsu. It emphasizes effective techniques with minimal effort, focusing on using an opponent's force against them. The grading system in Judo, indicated by colored belts, allows practitioners to set realistic goals. For instance, as a judoka progresses through levels, each belt represents a set of skills mastered, promoting motivation and continuous improvement in techniques and self-discipline. Moreover, weight categories in competitions are established to ensure fairness and reduce injury risk. Judo's competitive structure fosters a sense of achievement and community among practitioners.

2. Describe the major differences between Freestyle and Greco-Roman wrestling.

Solution: Freestyle and Greco-Roman wrestling are two primary Olympic styles. The main difference lies in the targeting of body parts; Greco-Roman prohibits attacks on the opponent's legs, focusing exclusively on upper body techniques. Conversely, Freestyle wrestling allows the use of both arms and legs, enabling a wider range of maneuvers and techniques. Both styles share similar scoring systems and rules for out-of-bounds situations. In terms of competition, Freestyle wrestling was added to the Olympics in 1904, while Greco-Roman has been present since the inaugural modern Games in 1896. Athletes in both styles also compete across various weight categories, promoting equal competition.

3. Explain the significance of weight categories in combat sports and their impact on athlete safety.

Solution: Weight categories in combat sports, such as Judo and Boxing, are essential for ensuring fairness and safety during competitions. By grouping athletes of similar body weight, the risk of injury is minimized as matches are more evenly matched in terms of strength and technique. For instance, in Judo, weight categories range for both men and women, from -60 kg to +100 kg for men, ensuring that agility and skill are not overshadowed by physical mass. This structure also promotes a deeper understanding of opponents' techniques in practice and competition, allowing for improved strategies. Additionally, these categories encourage athletes to maintain their fitness and weight management as part of their training regimen.



Check your answers with the solutions below.

4. What role does Taekwondo play in personal development beyond physical skills?

Solution: Taekwondo is not just a physical discipline; it embodies the principles of self-control, respect, and mental fortitude. Practitioners learn to apply the art's philosophies in daily life, fostering personal growth, discipline, and self-esteem. The term 'Taekwondo' itself translates to 'the way of foot and fist,' highlighting both its martial and ethical components. Engaging in Taekwondo training enhances focus and determination, helping individuals overcome challenges in their personal and academic lives. For instance, practicing complex forms (Hyung) requires concentration and discipline, which transcend into better decision-making and stress management. Furthermore, Taekwondo promotes values of respect and community through its practices and relationships.

5. Discuss the historical evolution of Boxing and its significance in modern sports.

Solution: Boxing has roots tracing back to ancient civilizations such as Greece and Rome, evolving into a structured sport with modern rules established in the 19th century. The Marquess of Queensberry Rules, introduced in 1867, standardized the use of gloves and defined the concept of rounds, shaping today's boxing framework. Over time, boxing has contributed significantly to sports culture, symbolizing not only athletic prowess but also social change, especially through iconic figures like Muhammad Ali who advocated for social justice. In contemporary society, boxing serves as a source of entertainment and fitness, attracting millions globally, and continues to inspire youth through various programs promoting discipline and health.

6. Analyze the importance of mental preparation in combat sports and its effects on performance.

Solution: Mental preparation is crucial in combat sports as it directly influences an athlete's performance under pressure. Techniques such as visualization, mindfulness, and positive self-talk help athletes manage anxiety and enhance focus. For example, elite fighters often visualize their strategies and responses to opponents' moves, which reinforces muscle memory and builds confidence. Additionally, mental resilience is necessary to cope with the fear of losing and the physical demands of competition. Research has shown that athletes who engage in mental training exhibit improved concentration and decision-making skills during high-stakes moments. Overall, the emphasis on mental strength complements physical training, resulting in well-rounded competitors.



Check your answers with the solutions below.

7. Explain the concept of technique versus strength in combat sports and provide examples.

Solution: In combat sports, the interplay between technique and physical strength is fundamental to success. Technique involves the skills, strategies, and movements that allow an athlete to execute effective maneuvers, while strength refers to the physical power one can assert in a match. For instance, in Judo, a lighter player utilizing superior technique can effectively throw a heavier opponent off balance by leveraging their opponent's weight against them, demonstrating that skillful technique can overcome brute strength. Similarly, in Boxing, a strategist who uses footwork and quick jabs may effectively outmaneuver a more powerful opponent. Therefore, successful athletes must balance and refine both attributes to excel in their sport.

8. Describe the cultural significance of Indian wrestling (Kushti) in enhancing community and tradition.

Solution: Indian wrestling, known as Kushti or Pehlwani, holds profound cultural significance, serving as more than a competitive sport. It represents a rich heritage of physical fitness and discipline as wrestlers train in traditional akhadas. These venues become centers for community bonding, where practitioners share knowledge and cultural values. Through practices such as rigorous training routines and nutritional customs, Kushti embodies a lifestyle that supports health, respect for tradition, and communal spirit. Events often attract large crowds, celebrating local heroes and promoting fitness among youth. Consequently, Kushti plays a vital role in preserving Indian culture while also fostering future generations' interest in physical sports.

9. What are the rules governing an Olympic boxing match, and how do they ensure fair play?

Solution: Olympic boxing matches are governed by strict rules to ensure fair play and safety. Matches are contested in three rounds, each lasting three minutes, with a one-minute break in between. Boxers wear protective headgear and gloves of specified weights, and scoring is based on the number of clean punches landed on the opponent's head and torso. Points are awarded based on accuracy and technique, monitored by a panel of judges using a scoring system known as '10-point must.' Furthermore, any fouls result in penalties, reinforcing the importance of sportsmanship. This structured framework not only promotes fairness but also ensures participants' well-being during competition.



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