

Class 9 - Physical Education and Well Being

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Combat Sports

CBSE NOTES

Combat Sports - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. Judo origins in Jiu-Jitsu.

Judo, derived from the gentle art of Jiu-Jitsu, focuses on throws and holds.

2. First Judo school by Jigoro Kano.

Founded in 1882, Kano's school at Eishoji revolutionized martial arts training.

3. Belt grading system in Judo.

Color belts indicate skill levels and motivate progression through defined ranks.

4. Weight categories in Judo.

Male and female categories ensure fair competition and reduce the risk of injury.

5. Olympic Judo weight classes.

Men's: -60 kg to +100 kg; Women's: -48 kg to +78 kg — enhancing fairness.

6. Wrestling styles: Freestyle vs. Greco-Roman.

Freestyle allows leg attacks; Greco-Roman prohibits them, emphasizing upper body moves.



7. Introduction of women's wrestling.

Women's freestyle wrestling debuted at the Athens Olympics in 2004, promoting inclusivity.

8. Indian wrestling: Pehlwani.

Traditional wrestling, practiced in mud pits, represents Indian cultural heritage and community.

9. Olympic wrestling weight classes.

Men's: 57 kg to 130 kg; Women's: 50 kg to 76 kg — standardized for competition.

10. Taekwondo origins and significance.

Korean martial art promotes discipline and peace, originating from ancient combat practices.

11. Meaning of Taekwondo.

Tae (foot), Kwon (fist), Do (way) symbolize the disciplined use of limbs in martial arts.

12. Evolution of Taekwondo.

From Subak to modern Taekwondo, it has a rich history of cultural influence and development.



13. Taekwondo Olympic categories.

Men's: Flyweight to Heavyweight; Women's: Flyweight to Heavyweight — modern competitive framework.

14. Ancient roots of Boxing.

Boxing originated in ancient Greece and Rome, marking its historical significance in sports.

15. Queensberry Rules introduction.

The 1867 rules established structured matches, introducing gloves and time rounds.

16. Modern Boxing features.

Two competitors aim to strike while avoiding punches in a heavily regulated ring environment.

17. Notable Indian boxers.

Mary Kom, Vijender Singh, and Lovlina Borgohain exemplify India's success on the boxing stage.

18. Boxing Olympic weight classes.

Men's: 52 kg to +91 kg; Women's: 51 kg to 75 kg - ensuring diverse participation.



19. Injury prevention in Combat Sports.

Weight categories help minimize the risk of injury by ensuring fighters are evenly matched.

20. Discipline in martial arts.

Martial arts educate on self-control, focusing on peace rather than aggression.

21. Historical Olympic integration.

Combat sports have been featured in the Olympics, enhancing global awareness of these disciplines.



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