

Class 9 - Physical Education and Well Being

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Indigenous Martial Arts and Sport

CBSE NOTES

Indigenous Martial Arts and Sport - Challenge Worksheet

Strengthen your foundation with key concepts and basic applications.



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Challenge Questions

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

1. Analyze the impact of practicing Thang-Ta on mental well-being and physical prowess. How might these effects differ in modern urban contexts compared to traditional settings?

Hint: Consider the role of environment and cultural practice in mental resilience and physical training.



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

2. Evaluate the significance of Gatka in maintaining Sikh cultural identity. How does its practice influence contemporary social issues within the community?

Hint: Think about how cultural practices can act as a unifying force during social challenges.



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

3. Critique the approach of Kalaripayattu towards holistic health. In what ways does integrating physical techniques with medicinal knowledge serve practitioners in today's world?

Hint: Consider the fusion of ancient practices with contemporary wellness trends.

4. Discuss how Mallakhamb embodies the principles of traditional Indian physical culture and their relevance in contemporary sports training.

Hint: Think about the adaptability of traditional sports to meet current training needs.



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

5. How do external cultural influences shape the evolution of Indigenous Martial Arts like Thang-Ta? Provide examples of both positive and negative impacts.

Hint: Consider globalization's role in cultural exchange and preservation versus commercialization.



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

6. Evaluate the role of women in Indigenous Martial Arts, particularly in Kalaripayattu and Gatka. How has their participation transformed these practices?

Hint: Reflect on historical versus contemporary gender participation in martial arts.



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

7. Analyze how the training methodologies of Mallakhamb can be applied to enhance athletic performance across various sports. What unique advantages does it offer?

Hint: Consider cross-training advantages and how skills from one sport translate to another.



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

8. Critically assess the impact of government recognition on Indigenous Martial Arts such as Mallakhamb and Gatka. What are the potential benefits and drawbacks?

Hint: Think about the tension between preservation and evolution in cultural practices.



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

9. Discuss the integration of Indigenous Martial Arts into school curricula in promoting physical education and mental health. What challenges might arise?

Hint: Consider both the benefits of cultural education and the logistical challenges of implementation.



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

10. Evaluate the effectiveness of traditional martial arts training in addressing modern challenges such as stress and anxiety. How can these practices be adapted for contemporary audiences?

Hint: Think of how ancient practices can be modernized to fit contemporary lifestyles.



Check your answers with the solutions below.

1. Analyze the impact of practicing Thang-Ta on mental well-being and physical prowess. How might these effects differ in modern urban contexts compared to traditional settings?

Solution: Discuss the benefits of mental focus, physical discipline, and cultural identity derived from Thang-Ta. Evaluate how urban distractions might hinder these outcomes.

2. Evaluate the significance of Gatka in maintaining Sikh cultural identity. How does its practice influence contemporary social issues within the community?

Solution: Explore Gatka's historical impact on Sikh identity, addressing its educational role and how it can foster community cohesion in modern times.

3. Critique the approach of Kalaripayattu towards holistic health. In what ways does integrating physical techniques with medicinal knowledge serve practitioners in today's world?

Solution: Reflect on the balance between physical and mental health that Kalaripayattu promotes and its relevance in addressing modern health issues.

4. Discuss how Mallakhamb embodies the principles of traditional Indian physical culture and their relevance in contemporary sports training.

Solution: Examine the attributes of strength, balance, and focus in Mallakhamb and compare them to modern athletic training methodologies.



Check your answers with the solutions below.

5. How do external cultural influences shape the evolution of Indigenous Martial Arts like Thang-Ta? Provide examples of both positive and negative impacts.

Solution: Analyze cases where external influences enriched Indigenous practices versus those that may have diluted them.

6. Evaluate the role of women in Indigenous Martial Arts, particularly in Kalaripayattu and Gatka. How has their participation transformed these practices?

Solution: Discuss the changing roles of women in these martial arts and how their involvement is reshaping perceptions of gender and empowerment.

7. Analyze how the training methodologies of Mallakhamb can be applied to enhance athletic performance across various sports. What unique advantages does it offer?

Solution: Illustrate how Mallakhamb's focus on flexibility, strength, and concentration can be beneficial for athletes in other disciplines.

8. Critically assess the impact of government recognition on Indigenous Martial Arts such as Mallakhamb and Gatka. What are the potential benefits and drawbacks?

Solution: Explore how formal recognition could preserve these art forms while also commercializing them for mass appeal.



Check your answers with the solutions below.

9. Discuss the integration of Indigenous Martial Arts into school curricula in promoting physical education and mental health. What challenges might arise?

Solution: Propose strategies for incorporating these martial arts into formal education while acknowledging potential cultural and logistical barriers.

10. Evaluate the effectiveness of traditional martial arts training in addressing modern challenges such as stress and anxiety. How can these practices be adapted for contemporary audiences?

Solution: Discuss the therapeutic elements of traditional martial arts while proposing adaptations to make them appealing to today's youth.



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