

# GK-7

## Chapter 43: Combat Sports – Worksheet

### Multiple-Choice Questions

**1. Which martial art originated in Japan?**

- a) Taekwondo
- b) Judo
- c) Kung Fu
- d) Silambam

**2. Taekwondo originated in which country?**

- a) China
- b) India
- c) Korea
- d) Thailand

**3. Which martial art is known for using bamboo sticks?**

- a) Silambam
- b) Judo
- c) Karate
- d) Gatka

**4. Gatka belongs to which Indian state?**

- a) Tamil Nadu
- b) Punjab
- c) Manipur
- d) Kerala

### Fill in the Blanks

1. \_\_\_\_\_ is a flowing dance-like martial art using bamboo sticks.
2. \_\_\_\_\_ means 'gentle way' in Japanese.
3. \_\_\_\_\_ originated in Manipur.
4. Kung Fu is also known as \_\_\_\_\_ in China.

### True or False

1. Judo allows kicking and punching. (True/False)
2. Taekwondo became an Olympic sport in 2000. (True/False)
3. Karate originated in India. (True/False)
4. Gatka uses eighteen different weapons. (True/False)

### Match the Following

- |             |                           |
|-------------|---------------------------|
| 1. Judo     | a. Uses swords and spears |
| 2. Thang-Ta | b. Gentle Way             |
| 3. Silambam | c. Empty Hand             |
| 4. Karate   | d. Bamboo stick fighting  |

## **Short Answer Questions**

1. What is meant by martial arts?
2. Name any two martial arts practiced in India.
3. Why is Judo considered a non-violent sport?
4. Mention two benefits of practicing combat sports.