



## GRADE - 12

### ASSESSMENT QUESTIONS

#### MODULE -6

#### MARTIAL ARTS

**STANDARD: XII**

**SUBJECT: Knowledge Tradition and Practices of India (KTPI)**  
(Martial Arts)

**Marks: 30**

**DATE:**

**Name:** \_\_\_\_\_

**Roll no:** \_\_\_\_\_

**Class/ Section:** \_\_\_\_\_

- Q.1. In the Mahabharat, who are the two individuals considered to be the masters in the art of wrestling? **1 mark**
- Q.2. Which is that final and most amazing technique of Kalaripayattu which the Guru bestows (gives) only upon his very special and chosen disciple. **1 mark**
- Q.3. Give the name of one famous Indian boxer and one famous Indian wrestler. **1 mark**
- Q.4. Japanese and Chinese trace the origins of their popular martial arts, to India. How? **2 marks**
- Q.5. Name the two-stick combat of south India. Explain them in one or two sentences each. **3 marks**
- Q.6. What is the content of *Dhanurveda*? **3 marks**
- Q.7. What was the importance of *Mallayuddha* in ancient times? **3 marks**
- Q.8. Which were the other exercises recommended to increase physical strength as a preparation to the mastering of martial arts? **3 marks**
- Q.9. Several warrior clans in India were adepts at martial art. Name and give the mode of fighting in each one of the martial art techniques followed in Gujrat-Rajasthan-Maharashtra, Odisha and Manipur. **3 marks**
- Q.10. *Kalaripayattu* is not merely physical combat for self-defence. Mention different points to support this statement. **5 marks**
- Q.11. Explain the five stages of the practice of *kalaripayattu*. **5 marks**