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| **ANGELWINGS COMPREHENSIVE COLLEGE, MAROKO, PW, KUBWA, ABUJA** | |
| **THIRD TERM EXAMINATION 2024/2025 ACADEMIC SESSION** | |
| **SUBJECT: Physical and Health Education** | **CLASS: YEAR FOUR** |

1. Martial arts are systems of combat practiced for self-defense and \_ development (a) spiritual (b) financial (c) social

2. The term martial arts refers to systems of training for \_ (a) combat (b) dance (c) cooking

3. Karate involves kicks, punches, and \_ chops (a) open-handed (b) closed-fist (c) elbow

4. The word "karate" was first used in \_ (a) China (b) Japan (c) Korea

5. In karate, the black belt represents the \_ level of expertise (a) lowest (b) middle (c) highest

6. Jujitsu was developed in China and \_ (a) Korea (b) Japan (c) Brazil

7. Jujitsu is a forerunner of both aikido and \_ (a) judo (b) karate (c) kung fu

8. Jujitsu relies on \_ and joint locks (a) kicking (b) grappling (c) punching

9. Aikido means "the way for \_" (a) strength (b) harmony (c) speed

10. Aikido makes use of the opponent's momentum and \_ (a) weight (b) strength (c) size

11. Aikido does not use \_ (a) turning motions (b) pushing movements (c) kicking

12. Judo originated in \_ (a) Korea (b) Japan (c) China

13. Judo is based largely on \_ (a) striking (b) grappling (c) weapon use

14. Hapkido is a \_ martial art (a) Japanese (b) Korean (c) Chinese

15. Hapkido incorporates a variety of \_ (a) weapons (b) dances (c) songs

16. Belts, ropes, and canes are examples of \_ used in Hapkido (a) uniforms (b) weapons (c) training aids

17. Kung fu is a \_ martial art (a) Japanese (b) Korean (c) Chinese

18. Some Kung fu styles involve \_ elements (a) acrobatic (b) defensive (c) slow

19. Capoeira was developed by \_ slaves (a) Brazilian (b) Angolan (c) Chinese

20. Capoeira disguised self-defense moves as \_ (a) exercise (b) dance (c) combat

21. Krav maga was developed by the \_ Defense Force (IDF) (a) Israeli (b) American (c) British

22. Krav maga focuses on hand-to-hand \_ (a) combat (b) dancing (c) singing

23. Tae kwon do is a \_ martial art (a) Japanese (b) Korean (c) Chinese

24. Tae kwon do emphasizes \_ (a) punching (b) kicking (c) grappling

25. Tai chi is also known as tai chi \_ (a) kung (b) do (c) chuan

26. Today, tai chi is usually practiced as a form of \_ (a) combat (b) exercise (c) competition

27. Martial arts provide skills to protect \_ (a) others (b) oneself (c) property

28. Martial arts practice builds self-esteem and \_ (a) anxiety (b) confidence (c) fear

29. Martial arts improve concentration and \_ (a) memory (b) awareness (c) sleep

30. Martial arts can foster camaraderie and social \_ (a) isolation (b) connections (c) arguments

31. Wrestling is a combat sport between two \_ (a) teams (b) competitors (c) referees

32. The main objective in most forms of wrestling is to pin down the opponent's shoulders on to the \_ (a) wall (b) mat (c) floor

33. Wrestling is referenced in the \_ (a) Odyssey (b) Iliad (c) Aeneid

34. Early Egyptian and Babylonian reliefs show wrestling \_ still used today (a) rules (b) moves (c) uniforms

35. Wrestling held a prominent place in the ancient \_ Games (a) Roman (b) Olympic (c) Spartan

36. The modern history of wrestling begins with a rise of popularity in the \_ century (a) 18th (b) 19th (c) 20th

37. The Front Crawl is also known as \_ (a) Backstroke (b) Breaststroke (c) Freestyle

38. The \_ is the slowest competitive swimming stroke (a) Front Crawl (b) Breaststroke (c) Butterfly Stroke

39. The Butterfly Stroke uses a "\_ kick" (a) frog (b) scissor (c) dolphin

40. The \_ is the only competitive stroke swum on the back (a) Backstroke (b) Sidestroke (c) Front Crawl

Section B

1. What is the main objective in most forms of wrestling? \_\_\_\_\_\_\_\_\_

2. What is the name of the Brazilian martial art disguised as dance? \_\_\_\_\_\_\_\_\_

3. Which country developed Aikido? \_\_\_\_\_\_\_\_\_

4. Which swimming stroke is often taught to beginners? \_\_\_\_\_\_\_\_\_

5. What is one thing martial arts improves in a person's character? \_\_\_\_\_\_\_\_\_

Section C

1. List three reasons why martial arts are practiced.

2. Name two types of martial arts that originated in Japan.

3. State two benefits of practicing martial arts for children.

4. Mention two safety rules for swimming.

5. What is one historical fact about wrestling?