



REVISION WORKSHEET (SELF -ASSESSMENT)
Assignment No. : 4

Subject: English Allotment Date: 12 September 2024

S. No.	QUESTIONS	MARKS	NATURE
1	1. Read the passage carefully.	5 Marks	Informative and
			understanding
	The solar system is a collection of eight planets		
	and other celestial bodies that orbit the Sun. The		
	Sun is the centre of the solar system and provides		
	light and heat, making life possible on Earth. The		
	eight planets, in order from the Sun, are Mercury,		
	Venus, Earth, Mars, Jupiter, Saturn, Uranus, and		
	Neptune. Each planet has unique characteristics.		
	Mercury, the closest planet to the Sun, is the		
	smallest and has no atmosphere. Venus, often		
	called Earth's twin, is similar in size to Earth but		
	has a very thick atmosphere that traps heat. Earth,		
	the third planet, is the only known planet to support		
	life, thanks to its perfect conditions for living		
	organisms. Mars, known as the Red Planet, has		
	the largest volcano in the solar system called		
	Olympus Mons.		
	Jupiter, the largest planet, is a gas giant and has a		
	huge storm called the Great Red Spot, which has		
	been raging for centuries. Saturn is famous for its		
	beautiful rings made of ice and rock particles.		
	Uranus and Neptune are also gas giants, with		
	Uranus being unique because it rotates on its side,		
	and Neptune being known for its strong winds.		
	Apart from the planets, the solar system contains		
	dwarf planets like Pluto, moons that orbit planets,		
	and other smaller objects like comets and asteroids		
	Q-Choose the most appropriate option for		
	answer the following questions: -		
	1. Which planet is closest to the Sun?		
	a) Earth		
	b) Mars		
	c) Mercury		
	d) Venus		
	What is the main reason Earth can support life?		
	a) It is the closest planet to the Sun		
	b) It has the largest volcano		
	c) It has perfect conditions for living organisms		
	of it has believe conditions for living organisms		

	d) It is similar to Venus		
	3. What is the Great Red Spot on Jupiter?		
	a) A mountain		
	b) A volcano		
	c) A storm		
	d) A moon		
	4. Which planet is famous for its rings?		
	a) Uranus		
	b) Saturn		
	c) Neptune		
	d) Mars		
	5. What is unique about Uranus compared to other		
	planets		
	a) It has the largest volcano		
	b) It rotates on its side		
	c) It has a thick atmosphere		
	d) It is closest to the Sun		
2	. Read the given passage carefully and answer the	4 Marks	Understanding
	questions that follow		
	4		
	The Lost Puppy*		
	One rainy afternoon, Emma was walking home from		
	school when she heard a faint whimper coming from the		
	bushes. Curious, she stepped closer and found a small,		
	shivering puppy huddled under the leaves. The puppy		
	looked lost and scared; its fur soaked from the rain. Emma		
	quickly scooped the puppy up in her arms, wrapping it in		
	her jacket to keep it warm.		
	She looked around, hoping to see a sign or a person		
	looking for the puppy, but the street was empty. Not		
	knowing what else to do, she decided to take the puppy		
	home and ask her parents for help. As she walked, the		
	puppy snuggled into her jacket, finally feeling safe.		
	What did Emma hear coming from the bushes?		
	a) A bark		
	b) A whimper		
	c) A shout		
	d) A meow		
	2. What was the weather like when Emma found the		
	puppy?		
	a) Sunny		
	b) Snowy		
	c) Rainy		
	d) Windy		
	3. How did Emma help the puppy stay warm?		
	4. What did Emma plan to do after finding the puppy?		
3	Decide whether the underlined verbs are helping verb or	3 Marks	HOT
	linking verbs.		
	i)Anu and Aman are the students who got price		

	in competition		
	in competition.		
	ii)They are listening music.		
	lii)He can go for a walk.		
4	Do as directed.	3 Marks	Interdisciplinary
	1. She is girl who has topped the class. (Use		
	a/an/the) 2. Tony isto me. (Use correct degree of adjective)		
	2. Tony isto me. (Ose correct degree of adjective)		
5	3.The boys tells a lie. (Change into interrogative)  Read the given extract and answer the following	3 Marks	Analytical Skill
3	questions.	3 Marks	Arialytical Skill
	questions.		
	My brother tells lies to keep the		
	shed for his den.		
	There isn't anyone staring or		
	making strange noises.		
	And the spider has been gone from his web		
	Since I don't know when.		
	I'll go into that shed one day soon,		
	But not just yet."		
	i)Why does the speakers brother lie to him?		
	(a) He wishes to mislead the speaker		
	(b) He wishes to solely use the shed		
	(c) He wishes to sell away the shed		
	(d) He is afraid of the ghost		
	ii) The poem 'The Shed has been written by		
	(a) D.J. Enright		
	(b) Michael Rosen		
	(c) Mildred Bowers Armstrong		
	(d) Frank Flynn		
	iii). The poet's brother tell him that if he ever enters the		
	shed, the ghost would		
	(a) runaway		
	(b) chop off his head		
	(c) eat him alive		
	(d) dance with him		
6	Write a letter to your friend inviting him during vacation.	5marks	Communication
7	Answer the following questions in about 20-30 words.	2×2 =	Skill Evaluation
'	<u> </u>	2x2 = 4Marks	Lvaiuation
	a) What strange things did Gopal do?	IIVIGING	
	b) Why did the bearded man plan to kill the king and how?.		
	c) What are the functions of feelers or antennae for an ant?		
		0.14	0.00
8	If a person takes challenges, he puts his effort to win it.	3 Marks	Critical
	How?		Thinking
	How?		
L	1	I	1





## ARMY PUBLIC SCHOOL GWALIOR CLASS - VII

### ACADEMIC SESSION 2024-25 REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Hindi Assignment No. : 4

क्रम संख्या	प्रश्न	अंक	प्रकृति
1	निदयों को माँ मानने की परंपरा हमारे यहाँ काफी पुरानी है। लेकिन लेखक नागार्जुन उन्हें और किन रूपों में देखते हैं?	5	INFORMATIVE
2	पहली कठपुतली की बात दूसरी कठपुतलियों को क्यों अच्छी लगी?	4	UNDERSTANDING
3	निम्न वाक्यांशो के लिए एक शब्द लिखिए?  1. जो करने योग्य न हो  2. कम जानने वाला  3. जिसकी सीमा न हो  4. दोपहर के बाद का समय  5. जो बात पहले कही न गई हो	5	НОТ
4-	निम्नलिखित शब्दों के दो-दो पर्यायवाची शब्द लिखिए। 1. अंधकार	5	INTERDISCIPLINARY
5	पोस्ट ऑफिस में दिव्यांश और बाबू के बीच की बातचीत को संवाद के रूप में लिखो।	5	CRITICAL THINKING AND PROBLEM SOLVING

6	निम्नलिखित प्रश्नों के उत्तर दीजिये?	4x4=16	EVALUATION
	1. क्या वजह थी कि सभी पात्र मिलकर भी लडकी को		
	उसके घर नहीं पहुँचा पा रहे थे?		
	2. दुर्योधन भीम से वैर भाव क्यों रखता था?		
	<ol> <li>द्रौपदी स्वयंवर में कौन- कौन मुख्य प्रतिभागी थे?</li> </ol>		
	लिखो।		
	<ol> <li>किसने विदुर को राजा धृतराष्ट्र का प्रधानमंत्री</li> </ol>		
	नियुक्त किया था और क्यों?		





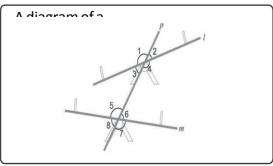
#### ARMY PUBLIC SCHOOL GWALIOR **CLASS - VII**

#### **ACADEMIC SESSION 2024-25** REVISION WORKSHEET (SELF –ASSESSMENT) cs Assignment No. : 4

Subject: Mathematics Allotment Date: 12 September 2024

S. No.	QUESTIONS	
1	Choose the correct alternatives in each of the following:  (i) Sum of – 30 and – 12 is  (a) 42 (b) -42 (c)18 (d) -18	
	(ii) The number 3 less than – 2 is (a) 1 (b) -1 (c) 5 (d) -5	
	(iii) Additive inverse of $-\frac{7}{9}$ is	
	(a) $-\frac{7}{9}$ (b) $-\frac{9}{7}$ (c) $\frac{7}{9}$ (d) $\frac{9}{7}$	
	(iv) The median of the first 11 prime number is (a) 7 (b) 9 (c) 11 (d) 13	
	(v) The mean of the first five odd natural number is (a) 2 (b) 3 (c) 5 (d) 4	
	(vi) Which is a solution of the equation $7x + 5 = 19$ (a) $x = 2$ (b) $x = 3$ (c) $x = 5$ (d) $x = 4$	
	(vii) Two angles forming a linear pair are (a) equal (b) supplementar unequal (d) com  (a) equal (b) unequal (c) supplementary (d)complementary (viii) Find the angle which is equal to its supplement.  (a) 60° (b) 90° (c) 180° (d) 4	y (c)
	(ix) How many altitudes a triangle can have?	
	(a) 1 (b) 2 (c) 3 (d) 4	
	<ul> <li>(x) The sum of the lengths of any two sides of a triangle is _ the third side of t triangle.</li> <li>(a) less than (b) greater than</li> <li>(c) equals to (d)none of these</li> </ul>	he
0	II Constructive response type - I questions:	
2	(i)In the given figure,name the median of triangle where E is the midpoint of BC.	
	B D E C	

	(ii) Solve $12p - 5 = 25$ (iii) Find the measure of an angle which is $24^0$ more than its complement.
_	(i)The value of x in the given figure is
3	$\triangle$
	/60°\
	120°
	(") What will be the meaning of the assemble of E40 and 4050
	(ii) What will be the measure of the supplement of 54° and 125° (iii) Lines $I \parallel m, p \parallel q$ ; Find $a, b, c, d$
	$\leftarrow 60^{\circ} / \rightarrow p$
	$a \swarrow \qquad \swarrow b$
	$\leftarrow \sim \sim \sim \sim \sim q$
	(iv) The two interior opposite angles of an exterior angle of a triangle are 60⁰ and 80⁰. Find
	the measure of the exterior angle.
4	IV Long Answer type questions:
	(i) A tree is broken at a height of 5 m from the ground and its top touches the ground at a
	distance of 12 m from the base of the tree . Find the original height of the tree.
	(ii) Find the value of x
	<b>★</b>
	1
	3/
	x x x x x x x x x x x x x x x x x x x
	$(6x-40)^{\circ}$ $(3x+15)^{\circ}$
	(ii) Find the value of x and Y
	$\overset{\circ}{\nabla}$
	$\sqrt{}$
	$x$ $\sqrt{x}$
	(iii) The lengths of two sides of a triangle are 12 cm and 15 cm. Between what two measures should the length of the third side fall?
	ineasures should the length of the tillia side fall?
5	Case Study Based Questions:



- (i) A diagram of see saw is given below
- (i) State all the pairs of vertically opposite angles in the given figure
- (ii) Which of the following is a pair of alternate exterior angles?
- (iii) If measure of ∠5 is 70° then what will be the measure of ∠3
- (2) Multiple gaming tournaments can be played online. In these games, players can compete withplayers from any part of the world.

In a tournament, 200 points are awarded for a win and 20 points are deducted for a loss.

(i) Chetan participated in the tournament. He won two more matches than the number of matches he lost. He scored 1120 points.

How many matches did he play?

- (ii) Does the solution of an equation depend on the method used to solve it? Justify your answer
- (iii) Diksha played 10 matches in the tournament. The number of matches won was equal to the number of matches lost by her. How many points did she score?



#### REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Science Allotment Date: 12 September 2024 Assignment No. : 4

S. NO.	QUESTIONS	MARKS	NATURE
Q1	Multiple choice questions:	1x4=4	Information
	1- In vacuum, heat can be transferred through		
	a) Conduction and convection		
	b) Conduction only		
	(c) Radiation only		
	(d) Convection only		
	2- The base present in the milk of magnesia is		
	(a) Calcium hydroxide		
	(b) Magnesium hydroxide		
	(c) Sodium hydroxide		
	(d) Potassium hydroxide		
	3- Amarbel is an example of		
	(a) Autotrophs		
	(b) Saprotrophs		
	(c) Host		
	(d) Parasite		
	4- The SI unit of temperature is		
	(a) Kelvin		
	(b) Celsius		
	(c) Fahrenheit		
	(d) Joule		
Q2	Fill in the blanks:	1x5=5	Observation
	Hydrochloric acid is secreted in		
	2. The chemical name of Vitamin C is		
	3. Heat is transferred in liquids by		
	4. In cockroaches, air enters the body through		
	5. Large crystals of pure substance are obtained by		

Q3	Match the following:		1X5=5	Knowledge
	4 Antopid	Da sudan adia		based
	<ol> <li>Antacid</li> <li>Amoeba</li> </ol>	Pseudopodia Mild base		
	3. Melting of candle	Physical change		
	4. Baking Soda	Chest Cavity		
	5. Diaphragm	NaHCO <sub>3</sub>		
Q4	Answer the following question		2x3=6	Interdisciplinary
	i. Why do we get muscle cramp			
	ii. Complete the reaction:	•		
	CuSO <sub>4</sub> + Fe	+		
	iii. Explain with a diagram the fo	eeding system in Amoeba.		
0-				
Q5	Answer the following questions	s in 20-30 words:	3x2=6	Evaluation
	i. What happens when magnes	sium ribbon is burnt in the		
	presence of air?			
	ii. Name the breathing organs i mention their roles.	n the following organisms and		
	a. frog			
	b. fish			
Q6	c. earthworm  Answer the following question	ns in 30-40 words:	5X2=10	Analytical Skills
QU	7 thower the following question	io in oo no words.	0712-10	7 thatytioar Okino
	i. State two similarities and thre clinical thermometer and labora			
	ii. Explain the process of digest	tion in grass-eating animals.		
Q7.	Case-based question : Read the given passage care questions given below.	efully and answer the	1X4=4	Critical Thinking and Problem Solving
	The stomach is a thick-wal like a flattened J and it is t alimentary canal. It receive pipe at one end and opintestine at the other. The ir stomach secretes mucous and digestive juices. The lining of the stomach.	he widest part of the s food from the food pens into the small nner lining of the s, hydrochloric acid,		

with acidi diges simp  1. 7 (a) (b)	acid kills many bacteria that enter along the food makes the medium in the stomach c and helps the digestive juices to act. The stive juices break down the proteins into ler substances.  The stomach is bag Thin-walled Thick-walled Round J shaped	
2. 1 (a) (b) (c) (d) 3.	The protects the lining of the stomach. Fluid Membrane Mucous None of the above  What is the function of acid in the stomach?  What does the inner lining of the stomach	
	secretes?	





#### REVISION WORKSHEET (SELF -ASSESSMENT)

Subject: Social Science Assignment No. : 4

SECTION	QUESTIONS	MARKS	NATURE
A	Fill in the blanks and rewrite the sentences.  i.)Lava is the molten magma from	5x1=5	Objective Type Question
В	<ul><li>i. In whose reign did the sultanate reach its farthest extent?</li><li>ii. Write two Task related to housework.</li><li>iii. What is Primary Health centre?</li></ul>	3x2=6	Very Short Question
С	<ul> <li>i. Why do society devalue the woman's work at home?</li> <li>ii. What was the role of the Zamindar in mughal administration?</li> <li>iii. How are flood plains formed?</li> </ul>	3x3=9	Short Question
D	i. What is Ozone layer ? How Ozone is an important layer of atmosphere Or ii.) What measures that can be adopted for minimising the damage from an earthquake? Who were samanta's ? What was their duties? Or Why was it important for the Mughals to recruit Mansabdar from diverse background and not just Turanis and Iranis? iii.) Explain with the diagram the interior of the earth.	3x5=15	Long Question
E	Read the extract carefully and answer the questions  Prashastis contain details that may not be literally true.  But they tell us how rulers wanted to depict themselves  – as valiant, victorious warriors, for example. These	1x3=3	Case Based Question

	were composed by learned Brahmanas, who occasionally helped in the administration. Many rulers described their achievements in prashastis.  1.) Are the details in the Prashastis literally true?  2.) How did rulers want to depict themselves?  3.) Who occasionally helped rulers in administration?		
F	On the political map of India, mark and locate the following:  i. Goa  ii. Area associated to Rashtrakutas dynasty  iii. Area associated to Pala dynasty  iv. Gujarat	4x.5=2	Map Based Question





## ARMY PUBLIC SCHOOL GWALIOR CLASS - VII

### ACADEMIC SESSION 2024-25 REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Sanskrit Assignment No. : 4

S. NO.	QUESTIONS	Marks	NATURE
1	शब्दानाम् अर्थान् लिखत-	1x5=5	Information
	अवसीदति		
	अनृतम्		
	पृष्ठत:		
	तूष्णीम्		
	अरा:		
2	विभाक्तिम् वचनं च लिखत-	1×5=5	Analytical Skill
	सभायाम्		
	सात्विकतायाः		
	शिवाय		
	मित्रेण		
	शिक्षायै		
0		4	N.4. 1.211
3	सर्वनाम- शब्दानाम् अर्थान् लिखत-	1x5=5	Memory skill
	वयम्		
	अहम्		
	आवाम्		
	युवाम्		
	यूयम्		
4		<b>1x</b> 5=5	Thinking skill
7	संख्याविशेषणपदानि प्रयुज्य सार्थकरचयत वाक्यानि- चत्वारिंशत्-	120-0	Thirking 3km
	पञ्च-		
	त्रीणि -		
	दश-		
	द्वे -		

5	समुचितमेलनं कृत्वा लिखत- क ख  केशरवर्णः प्रगतेः न्यायस्य च प्रवर्तकम्। हरितवर्णः 22 जुलाई 1947 तमे वर्षे जातम्। अशोकचक्रम् शौर्यस्य त्यागस्य च सूचकः। त्रिवर्णः ध्वजः सुषमायाः उर्वरतायाः च सूचकः। स्वाधीनतायाः राष्ट्रगौरवस्य च प्रतीकः।	1x5=5	Analytical Skill
6	मञ्जूषातः समानार्थकं पदं चित्वा लिखत- शोचनीया, अशिक्षयत्, धनसंग्रहः-, पश्चात्, निःसहायाः )i) निराश्रयाः= )ii) चिन्तनीया= )iii) अर्थसञ्चयः= )iv) अध्यापयत्= )v) अनन्तरम्=	1x5	Critical Thinking





#### **REVISION WORKSHEET (SELF - ASSESSMENT)**

Subject: Art and Work Education Assignment No. : 4

S. No.	QUESTIONS	MARKS	NATURE
1	What is Animal study drawing?	2	Informative
2	How do you draw Animal form?		
	now do you draw Animarionn:	2	Informative
3	What is Mandala art for?		
		2	Understanding
4	What is Sanganer famous for?		
	-	2	Informative
5	What is the history of Sanganer?	2	Understanding





#### **ARMY PUBLIC SCHOOL GWALIOR CLASS - VII ACADEMIC SESSION 2024-25 REVISION WORKSHEET (SELF - ASSESSMENT)**

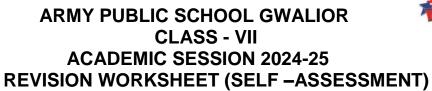
Subject: Music (Vocal, Dance and Instrumental) Allotment Date: 12 September 2024

Assignment No:- 4

S. NO.	QUESTIONS	MARKS	NATURE
1	Bharat humko jaan se ?	1	Informative
	a)pyara hai		
	b)nyara hai		
2	How many strings are there in guitar ?	1	Informative
		ľ	mormativo
	a) 6		
	b) 5		
3	What do you mean by patriotism?	1	Informative
	a) Devotion towards Religion		
	b) Devotion towards Country		
4	Shri krishan govind murari	1	Informative
	a) Hare		
	b)Hey Nath		
5	Pitu swami sakha humare	1	Informative
	a) Nath		
	b) Math		
6.	How many types of guitar are there?	1	Informative
	a) 5		
	b) 3		
7.	Ek dantaya , gauri tanya yadimahi	1	Informative
	a) Vakratundaya		
	b) gajeshanaya		
8.	What do you mean by chord?	1	Informative
	a) A single note		

	b) Group of 3 notes			
9,	How many notes are there in an octave?	1	Informative	
	a) 8			
	b) 7			
10.	O palan hare , aur nyare	1	Informative	
	a) Nirgun			
	b) Guni			





Subject: Health and Physical Education Allotment Date: 12 September 2024 Assignment No.: 4

S.N.	QUESTIONS	MARKS	SKILLS/COMPETENCIES
1	Shorts answer question		
	1.Where did football started?		
	a) China	1	INFORMATION
	b) Spain		THE STANDARD OF THE STANDARD O
	c) Argentina		
	d) France		
2	2. Cricket is called as a?	1	INFORMATION
	a)Wonderful game		
	b) Beautiful game		
	c) Gentlemen's game		
	d) World game		
3	3.Who is the father of Basketball ?	1	INFORMATION
	a)James bond		
	b) Carl lewis		

	c) Cooper hoops		
	d) James naismith		
4	4. Which team won the Euro cup 2024 of football?  a) Germany	1	INFORMATION
	b) England		
	c) Spain		
	d) Portugal		
5	FILL IN THE BLANKS: -  1. Sergio Ramos is national player of?- (France,Spain)	1	INFORMATION
6	Basketball originated in? (USA,Serbia)	1	INTERDISCIPLINARY

7	3. The Cricket pitch is yards in length? (24,22)	1	INTERDISCIPLINARY
8	8.Rodrigo won the Player of the tournament award for Euro cup 2024? (True/False)	1	INTERDISCIPLINARY
9	9. Virat kohli won the Player of the tournament award for T20 world cup 2024? (True/ False)	1	UNDERSTANDING
10	10.Serbia won the gold medal in basketball olympics? (True/False)	1	UNDERSTANDING





#### ARMY PUBLIC SCHOOL GWALIOR **CLASS - VII ACADEMIC SESSION 2024-25** REVISION WORKSHEET (SELF -ASSESSMENT)

Subject: Computer Allotment Date: 12 September 2024 Assignment No. : 4

S.NO.	QUESTIONS	MARKS	NATURE
1	Choose and write the correct option (MCQ):-	0.5x5=2.5	Information
i)	Virus adds virus code to the regular programming		
	Code within the program files.		
	a) File Infector		
	b) Boot Sector		
	c) Worm		
ii)	program detects the changes caused by a virus in		
	The computer.		
	a) Virus detector		
	b) Antivirus		
	c) E-mail		
iii)	A frame rate of is the default setting for new Animate document.	-	
	a) 12 fps		
	b) 30 fps c) 24 fps		
	c) 24 ips		
iv)	In Animate, Shape tween can only be applied to		
	a) Shapes		
	b) Images c) Text		
	C) TEXT		
v)	Photoshop is developed by	-	
	a) Microsoft		
	b) Google		
	c) Adobe		

2	Fill in the blanks-	0.5x	Understanding
	a) A virus enter a computer through an attachment with an	5=2.5	
	b) A bitmap graphic is composed of many tiny parts called		
	c) A is a known specific pattern of virus code.		
	d) We can use the tween to animate between two key frames.		
	e)tool is used to select the group of similarly coloured pixels.		
3.	Write 'T' for True and 'F' for False statements.	0.5x3=1.5	Understanding
	a) We can create many instances of the same symbol.		
	<ul> <li>b) The sleeper virus is known to steal your personal and financial information.</li> </ul>		
	c) Boot sector virus is a harmless virus program.		
4.	Answer the following questions:-	0.5 x	Evaluation
	<ul> <li>a) What is ransom ware?</li> <li>b) Why do we antivirus program?</li> <li>c) What is tween? Write its type.</li> <li>d) What is a computer virus?</li> <li>e) What is boot sector virus?</li> <li>f) What do you understand by symbols and instances?</li> <li>g) What is the function of Photoshop toolbox?</li> </ul>	7=3.5	





# ARMY PUBLIC SCHOOL GWALIOR CLASS - VII ACADEMIC SESSION 2024-25 REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Karate Assignment No. : 4

S. NO	QUESTIONS	Marks 10
1	What is the meaning of Kumite?  a) Fight b) Leg Fight c) Pre – decided techniques of offense and defense d) None of these	1
2	Which Japanese word is used at the time of wish in Kata?  a) Os b) Ous c) Osu d) Oos	1
3	What is the Japanese name of middle block?  a) Jodan age uke b) Chudan sota uke c) Gaidan barai uke d) None of these	1
4	Which stance is used for attention position?  a) Zenkotsudachi b) Heikodachi c) Soto heikodachi d) Sanchin dachi	1
5	Which position is used at kicking time?  a) Hidari heikodachi b) Migi heikodachi c) Hidari and migi heikodachi d) None of these	1
6	How many basic punches?  a) 10 b) 20 c) 3 d) 4	1
7	In heikodachi dachi legs should be  a) Parallel to your shoulder b) Inside the shoulder c) Outside the shoulder d) None of these	1
8	How many basic blocks?  a) 1  b) 2  c) 3  d) 4	1
9	Which punch is used for face attack?  a) Jodan tsuki	1

	b) Chudan tsuki c) Gaidan tsuki d) Nidan tsuki	
10	What is the starting position of kicking?	1
	a) Heikondachi	
	b) heikadachi	
	c) Zenkotsudachi	
	d) None of these	