



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



**Subject: English**

**Assignment No. : 6**

**Allotment Date: 30 November 2024**

S. No.	Questions	Marks	Nature
1.	<p style="text-align: center;"><b><u>Section-A</u></b></p> <p>UNSEEN PASSAGE</p> <p><b>Q.1</b> Read the following passage carefully and answer the following questions that follow:</p> <p>There are a great many million fish in the sea, but this story is about just one of them and a very small one at that. Now, this little fish had everything in the sea to make him contended, but he was not happy. You will laugh when I tell you why he was not. He was unhappy because he was very small.</p> <p><b>(i)</b> Choose the correct option: Where did the fish live?</p> <p>(a) In the pond (b) In the sea (c) In the river</p> <p><b>(ii)</b> State True/False: (a) The little fish had everything in the sea to make him contended. (T/F)</p> <p><b>(iii)</b> Answer in one word: (a) How many fish were there in the sea?</p> <p><b>(iv)</b> Answer in short: (a) Why was the little fish unhappy?</p>	4x1=4	Information
2.	<p style="text-align: center;"><b><u>Section-B (Writing Skills)</u></b></p> <p><b>Q.2</b> Write a paragraph on any one of the following - 'Importance of Sports' or 'My role Model'.</p>	3x1=3	Problem solving

<p>3.</p>	<p style="text-align: center;"><b><u>Section-C (Grammar)</u></b></p> <p><b>Q.3</b> Fill in the blanks:</p> <p>(i) I _____(look) at a beautiful painting. (Fill in the blank with present continuous tense).</p> <p>(ii) The teacher _____(teach) the topic of tenses in the class today. (Fill in the blank with present perfect tense)</p> <p>(iii) Ria _____(write) her diary from last few days. (Fill in the blank with present perfect continuous tense)</p> <p>(iv) Dhoni _____(meet) Virat Kohli yesterday. (Fill in the blank with past perfect tense)</p> <p><b>Q.4</b> Choose the correct option:</p> <p>(i) The past form of 'begin' is _____  (a) bigined  (b) began  (c) begun</p> <p>(ii) 'Has' is used for _____ and 'have' is used for _____noun or pronoun.  (a) singular, plural  (b) plural, singular  (c) going to, about to</p> <p><b>Q.5</b> Answer the following in one word:  (i) I ____ (meet) my grandparents today. (fill in the blanks with future simple tense).</p> <p><b>Q6.</b> Rewrite the following sentences by changing their active voice into passive voice:</p> <p>(i) Mother is buying an ice-cream.  (ii) John repaired the vehicle.</p>	<p><b>9x1=9</b></p>	<p><b>Understanding</b></p>
<p>4.</p>	<p style="text-align: center;"><b><u>Section-D (Literature)</u></b></p> <p><b>Q.7</b>Choose the Correct option:</p> <p>(i) What did Akbar's father need in the heaven?  (a) cobbler  (b) barber  (c) goldsmith</p> <p>(ii) When is mother's day celebrated every year?  (a) On second Sunday of May.  (b) On third Sunday of May.  (c) On fourth Sunday of May.</p> <p><b>Q.8</b> Answer the following questions:</p> <p>(i) What was the name of Rani Lakshmibai's husband?  _____</p> <p>(ii) According to the poet, who is the dearest mother?  _____  _____</p>	<p><b>4x1=4</b></p>	<p><b>HOT</b></p>



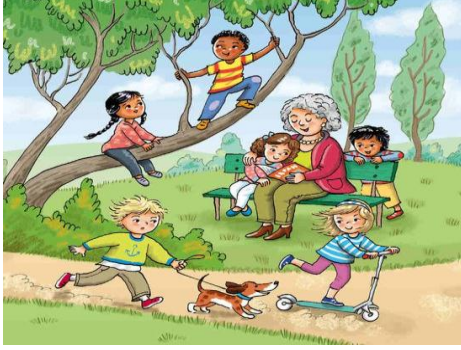
**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - IV**  
**ACADEMIC SESSION 2024-25**  
**REVISION WORKSHEET (SELF –ASSESSMENT)**

Subject: Hindi

Assignment No. : 6

Allotment Date: 30 November 2024

संख्या	प्रश्न	अंक	प्रकृति
प्र 1.	<p>निम्नलिखित गद्यांश को ध्यानपूर्वक पढ़कर दिए गए प्रश्नों के उत्तर दें ।</p> <p>योग के लाभ के बारे में लोगों के बीच जागरूकता बढ़ाने के लिए हर साल 21 जून को विश्व योग दिवस मनाया जाता है। हमारे हिंदू धर्मग्रंथों में प्राचीन भारतीय योग पद्धति का जिक्र मिलता है। भारत वह देश है जहां योग ने सबसे पहले शारीरिक, मानसिक और आध्यात्मिक अनुशासन के रूप में लोकप्रियता हासिल की। यह "योज" से लिया गया है, जिसका संस्कृत में अर्थ है "एकजुट होना" और महर्षि पतंजलि को योग के प्रवर्तक के रूप में जाना जाता है। योग के महत्व और फायदों के बारे में जागरूकता फैलाने के लिए इसे अंतरराष्ट्रीय योग दिवस के रूप में मान्यता देने के प्रधानमंत्री नरेंद्र मोदी के आह्वान के बाद, 21 जून को योग दिवस के रूप में निर्धारित किया गया है।</p> <p>1. रिक्तस्थान की पूर्ति करें -</p> <p>(क) हमारे ..... में प्राचीन भारतीय योग पद्धति का जिक्र मिलता है।</p> <p>(ख) .....को योग के प्रवर्तक के रूप में जाना जाता है।</p> <p><b>निम्नलिखित प्रश्न का एक शब्द में उत्तर दें ।</b></p> <p>1. विश्व योग दिवस कब मनाया जाता है?</p> <p>_____</p> <p>2. 'योग' शब्द कहाँ से लिया गया है?</p>	<p>0.5 x2=1</p> <p>2 x1=2</p> <p>1</p>	बोधात्मक

	<p>निम्नलिखित प्रश्न का उत्तर विस्तारपूर्वक दें ।</p> <p>1. भारत में योग ने किन-किन रूपों में लोकप्रियता हासिल की?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		
<p>प्र2.</p>	<p>दिए गए चित्र को देखकर चार वाक्य लिखें  </p>  <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>0. 5x4=2</p>	<p>लेखन कौशल</p>
<p>प्र 3</p>	<p>मामाजी ने आपके जन्मदिन पर उपहार दिया था। उन्हें धन्यवाद का पत्र लिखें।</p>	<p>2x1=2</p>	<p>रचनात्मक</p>

<p>प्र 4</p>	<p>प्र 4. निम्नलिखित प्रश्नों के उत्तर निर्देशानुसार दें।</p> <p>(क) निम्नलिखित प्रश्नों के लिए सही विकल्प चुनें।</p> <p>i. दूसरे देश की वस्तु..... कहलाती है   स्वदेशी [ ] विदेशी [ ]</p> <p>ii. निम्नलिखित वाक्यों में भविष्य काल बताने वाला वाक्य है -</p> <p>वह आज नहीं आया   [ ] कल वर्षा होने की संभावना है   [ ]</p> <p>iii. 'सकर्मक क्रिया' में क्रिया के साथ कर्म नहीं आता [ ] क्रिया के साथ कर्म आता है [ ]</p> <p>(ख) निम्नलिखित शब्दों के विलोम शब्द लिखें।</p> <p>(i) खिलना .....</p> <p>(ii) अंधकार .....</p> <p>(ग) निम्नलिखित पंक्तियों में उचित विराम चिह्न का प्रयोग कर के लिखें।</p> <p>मैं आज बाज़ार जा रही हूँ क्या तुम भी साथ चलोगे</p> <p>.....</p> <p>.....</p> <p>(घ) निम्नलिखित शब्दों का अर्थ स्पष्ट करते हुए वाक्य बनाएँ -</p> <p><b>सामान</b></p> <p>.....</p> <p>.....</p> <p><b>समान</b></p> <p>.....</p> <p>.....</p>	<p>3x1=3</p> <p>0.5x2=1</p> <p>1</p> <p>1</p>	<p>विश्लेषणात्मक</p>
<p>प्र 5</p>	<p>निम्नलिखित शब्दों के अर्थ लिखें।</p> <p>i. नित्यप्रति .....</p> <p>ii. विनती .....</p>	<p>2x1=2</p>	<p>सूचनात्मक</p>

प्र 6	कविता “कदंब का पेड़” में बच्चा श्री कृष्ण की तरह बाँसुरी बजाना चाहता है   बच्चा किस नदी के किनारे बैठने की बात कर रहा है? भारत की किन्ही अन्य दो प्रमुख नदियों के नाम लिखें	1	उच्चस्तरीयचिं तन
प्र 7	<b>निम्नलिखित प्रश्नों के उत्तर लिखें।</b> i. नदियों पर बाँध बनाने से क्या-क्या लाभ होते हैं? ii. पढ़ाई में न्यूटन की लगन देख कर उसके मामा ने क्या किया? iii. बच्चे ने कदंब के पेड़ पर ही बैठने की बात क्यों की है?	3x1=3	विश्लेषणात्मक



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**Subject: Mathematics**

**Assignment No. : 6**

**Allotment Date: 30 November 2024**

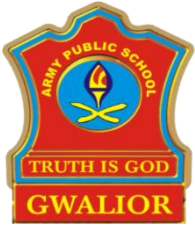
S. NO.	QUESTIONS	MARKS	NATURE										
1	<b>Fill in the blanks:</b>  (a) The _____ is the longest chord of the circle.  (b) _____ is the polygon with minimum.	<b>2×1 = 2</b>	Observation										
2	<b>Write whether the following statements are 'True' or 'False':</b>  (a) The diameter is the longest chord of the circle.  (b) Gram is the standard unit of weight.	<b>2×1 = 2</b>	Mental Ability										
3	<b>Match column A with column B:</b>  <table style="width: 100%;"><tr><td style="text-align: center;"><b>Column A</b></td><td style="text-align: center;"><b>Column B</b></td></tr><tr><td>(a) <math>3\frac{1}{4}</math></td><td>(A)</td></tr><tr><td>17.5</td><td>(B)</td></tr><tr><td>(b) Railway tracks</td><td>(B)</td></tr><tr><td>100 cg</td><td></td></tr></table>	<b>Column A</b>	<b>Column B</b>	(a) $3\frac{1}{4}$	(A)	17.5	(B)	(b) Railway tracks	(B)	100 cg		<b>2×1 = 2</b>	Decision Making
<b>Column A</b>	<b>Column B</b>												
(a) $3\frac{1}{4}$	(A)												
17.5	(B)												
(b) Railway tracks	(B)												
100 cg													
4	<b>Multiple Choice Questions:</b>  (a) A cup of hold 150 _____ of tea. (A) mg                      (B) cm                      (C) mL                      (D) L  (b) Which of the following is a part of the circle? (A) Arc                      (B) Chord                      (C) Radius                      (D) Diameter	<b>2×1 = 2</b>	Understanding										
5	<b>Do as directed:</b>  (a) Find the sum : $\frac{7}{11} + \frac{2}{5}$  (b) Convert the following like decimals: 1.08, 4.5  (c) Multiple 9 km 235 m by 4	<b>3×2 = 6</b>	Problem-Solving										
6	<b>Read the word problems and solve them:</b>  (a) A man has two sticks. One is 85 cm long and the other is 39 cm long.	<b>2×3 = 6</b>	Critical Thinking										

If he puts them together in a row, what will be the total length?

**(b)** The consumption of milk in Riya's house for a week is 4 L 270 mL.

How much milk is consumed in a day?





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**REVISION WORKSHEET (SELF –ASSESSMENT)**

Subject: EVS

Assignment No. : 6

Allotment Date: 30 November 2024

S. NO.	QUESTIONS	MARKS 20	NATURE										
1.	<p><b>CHOOSE THE CORRECT OPTION-</b></p> <p>(i) _____ fixes the plant firmly in the soil. (a) Roots            (b) Stems            (c) Leaves</p> <p>(ii) _____ is a big spacious house with a single storey. (a) Bungalow    (b) Skyscraper    (c) Both of These</p> <p>(iii) We use _____ dustbin for biodegradable wastes. (a) green            (b) blue    (c) yellow</p> <p>(iv) A _____ uses measurements to indicate the actual distance between places. (a) map    (b) sketch    (c) plan</p>	4x1/2=2	Understanding										
2.	<p><b>Match the column A with column B:</b></p> <table style="width: 100%;"><tr><td style="text-align: center;"><b>A</b></td><td style="text-align: center;"><b>B</b></td></tr><tr><td>(i) Physical map</td><td>(a) shows cities, states etc</td></tr><tr><td>(ii) Political map</td><td>(b) physical features like rivers, rainfall.</td></tr><tr><td>(iii) Compost</td><td>(c) unplanned and illegal colony</td></tr><tr><td>(iv) Slum</td><td>(d) a good method of reusing biodegradable wastes</td></tr></table>	<b>A</b>	<b>B</b>	(i) Physical map	(a) shows cities, states etc	(ii) Political map	(b) physical features like rivers, rainfall.	(iii) Compost	(c) unplanned and illegal colony	(iv) Slum	(d) a good method of reusing biodegradable wastes	4x1/2=2	Observation
<b>A</b>	<b>B</b>												
(i) Physical map	(a) shows cities, states etc												
(ii) Political map	(b) physical features like rivers, rainfall.												
(iii) Compost	(c) unplanned and illegal colony												
(iv) Slum	(d) a good method of reusing biodegradable wastes												

<p>3.</p>	<p><b>Fill in the blanks by choosing the correct options:</b></p> <p>(rain, Title ,3R's ,shoot)</p> <p>(a) The main source of freshwater is .....</p> <p>(b) ..... of the map is about what it shows.</p> <p>(c) Each plant has a root and a ..... System.</p> <p>(d) We must follow the .....</p>	<p>4x1/2=2</p>	<p><b>HOTS</b></p>
<p>4.</p>	<p><b>State whether the given statements are True/False:</b></p> <p>1) Our houses may be kutchra or pucca house. .....</p> <p>2) We should not burn garbage. .....</p> <p>3) We should always keep the dustbin and drains covered. .....</p> <p>4) Transpiration is the process when leaves give out extra water from their pores. .....</p>	<p>4x1/2=2</p>	
<p>5.</p> <p>(i)</p> <p>(ii)</p> <p>(iii)</p> <p>(iv)</p>	<p><b>Answer the following questions:</b></p> <p>Why do we need a house? .....</p> <p>What are the conditions which favour evaporation? ..... .....</p> <p>What does key or legend on a map show? ..... .....</p> <p>Describe the 3 R's. ..... .....</p>	<p>4x2=8</p>	

6.	Draw a poster on 3R's.	<b>2x1=2</b>	<b>Problem solving</b>
5.	Locate the following states on India's Political map: (i) Maharashtra (ii) Andhra Pradesh	<b>2x1=2</b>	<b>Critical Thinking</b>



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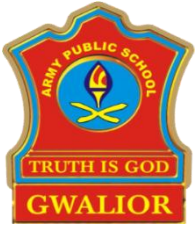
**Subject: Computer**

**Assignment No. : 6**

**Allotment Date: 30 November 2024**

S. NO.	QUESTIONS	MARKS	NATURE
1	<p>Tick the correct answer:</p> <p>1. .... is a high-speed internet connection. a. Mosaic                      b. Broadband                      c. Modem</p> <p>2. .... is a unique address of each web page. a. WWW                      b. URL                      c. ISP</p> <p>3. We take a bath before..... . a. Go to washroom    b. Brush our teeth                      c. Go to our school</p> <p>4. .... skills are essential in our day to day life. a. Coding                      b. Reasoning                      c. Sleeping</p>	<b>0.5x4=2</b>	Critical Thinking
2	<p>Write 'T' for True and 'F' for False statements.</p> <p>1. It is difficult to solve a problem in a step-wise manner.</p> <p>2. You should cross the road only on zebra crossing.</p> <p>3. Hotmail is a popular web browser.</p> <p>4. Many search engines use spider program.</p>	<b>0.5x4=2</b>	Understanding
3	<p>Fill in the blanks.</p> <p>1. Click on ..... icon. The start menu appears.</p> <p>2. .... is the ability of the mind to think and understand things in a logical way.</p>	<b>0.5x4=2</b>	Informative

<b>4</b>	<p>3. .... was the first successful graphical web browser.</p> <p>4. .... enables us to send and receive messages at a fast speed.</p> <p>Answer the following questions</p> <ol style="list-style-type: none"><li>1. Write three responsibilities of a digital citizen.</li><li>2. What are the advantages of internet?</li><li>3. What is stepwise thinking?</li><li>4. What is reasoning?</li></ol>	<b>1x4=4</b>	
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CLASS - IV

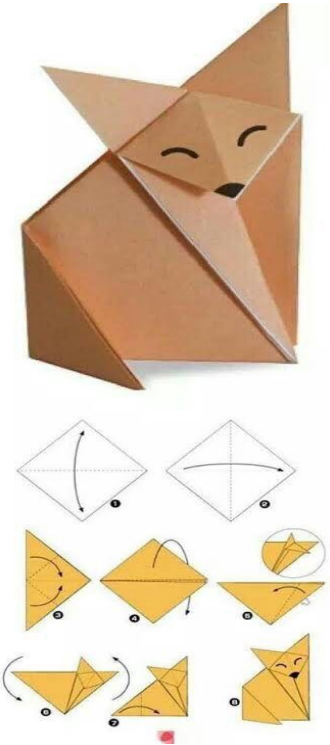


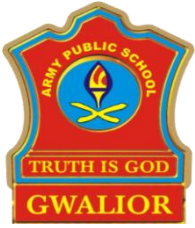
ACADEMIC SESSION 2024-25  
REVISION WORKSHEET (SELF –ASSESSMENT)

Subject: Art and Work Education  
Allotment Date: 30 November 2024

Assignment No. : 6

S.NO	QUESTIONS	MARKS	SKILLS/ COMPETENCIES
1.	Origami is the art of paper folding using a sheet of - _____ paper.  a) Square b) Circle c) Rectangle d) Oval	1	Creativity
2.	Who invented origami?  a) Chinese b) Italian c) Japanese d) Portuguese	1	Creativity
3.	It can also be used as a fun activity to learn about trigonometry.  a) True b) false	1	Creativity
4.	Who is the world's famous origami artist?  a) Leonardo di vinci b) Akira Yoshizawa c) M.F.Hussan d) Meera gupta	1	Creativity
5.	_____ is the most famous origami?  a) Snake b) Panda c) Crocodile d) Crane	1	Creativity
6.	Origami flamingo is the easiest origami.  a) True b) False	1	Creativity
7.	What is the hardest origami in the world?  a) 187 days folding a beautiful paper dragon. b) 143 days folding a beautiful paper elephant.	1	Creativity

	<p>c) 156 days folding a beautiful paper rhino. d) 124 days folding a beautiful paper crocodile.</p>		
8.	<p>The most famous origami model is called the “Orizuru”.</p> <p>a) True b) False</p>	1	Creativity
9.	<p>Origami is a form of craft which acts as an exercise for our_____.</p> <p>a) Muscles b) Jaw c) Brain d) Legs</p>	1	Creativity
10.	<p>The following picture shows the making of which of the these animals-</p>  <p>The image shows a completed 3D paper fox made from brown paper. Below it are several diagrams illustrating the steps to create the fox. The first two diagrams are white squares with dashed lines and arrows indicating folds. The subsequent diagrams are yellow squares with dashed lines and arrows, showing the progression from a flat sheet to a folded shape with a face and ears.</p> <p>a) Fox b) Leopard c) Parrot d) Bird</p>	1	Creativity



**ARMY PUBLIC SCHOOL GWALIOR  
CLASS - IV**



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

Subject: Health and Physical Education

Assignment No. : 6

Allotment Date: 30 November 2024

S.NO	QUESTIONS	MARKS	SKILLS/COMPETENCIES
1.	<p><b>Tick The Correct Answer</b></p> <p>Q-1 Full form of AFI IS?</p> <ul style="list-style-type: none"><li>a. ATHLETICS FEDERATION OF INDIA.</li><li>b. ATHLETICS FEDERATION OF IMPHAL.</li><li>c. ATHLETICS FIELD OF IINDIA.</li><li>d. ATTRACTIVE FEDERATION OF INDIA.</li></ul> <p>Q-2 How many athletes run on a relay team?</p> <ul style="list-style-type: none"><li>a.3</li><li>b.5</li><li>c.7</li><li>d.4</li></ul> <p>Q-3which of the following is a field event?</p> <ul style="list-style-type: none"><li>a. 1500m</li><li>b. 1600m</li><li>c. Javelin</li><li>d. 200m</li></ul> <p>Q-4 Which of the following is track event?</p> <ul style="list-style-type: none"><li>a. Long jump</li><li>b. High jump</li><li>c. Shot put</li><li>d. 100m</li></ul>	4	<b>INFORMATION</b>
2	<p><b><u>Fill in the blanks</u></b></p> <p>Q-5 100 meter considered a _____.</p> <ul style="list-style-type: none"><li>a) Sprint</li><li>b) Middle race</li><li>c) Long distance</li></ul>	3	



	<p>d) Field event</p> <p>Q-6- _____ is the famous sprinter in the world.</p> <p>a) Usain bolt b) Bob jones c) Hema das d) Preeti singh</p> <p>Q-7 100m, 200m 400m 800 meter sprints come under_____.</p> <p>a) Long distance race b) Shorts distance relay c) marathon d) sprints</p>		<p><b>Knowledge</b></p>
<p><b>3</b></p>	<p><b><u>True False</u></b></p> <p>Q-08- A marathon consider as a long distance race.</p> <p>i) True ii) False</p> <p>Q-9- Discus throw is considered a jump event.</p> <p><b>A.</b> True <b>B.</b> False</p> <p>Q-10 Javelin throw consider a field event.</p> <p>i) True ii) False</p>	<p><b>3</b></p>	<p><b>Understanding</b></p>



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - IV**



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

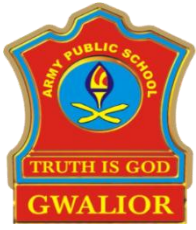
**Subject: Music (Vocal)**

**Assignment No. : 6**

**Allotment Date: 30 November 2024**

<b>S. NO.</b>	<b>QUESTIONS</b>	<b>MARKS</b>	<b>NATURE</b>
1	What type of song is " Dil ka darwaza khula hua hai"? a) Patriotic b) Prayer	1	Informative
2	Dil ka darwaza _____ hua ? a) khula b) Band	1	Informative
3	Hamare _____ main aao prabhu ? a) Dil b) Ghar	1	Informative
4	Teri _____ se chale jaha? a) Daya b) Kripa	1	Informative
5	Sabka hai tu _____? a) meharbaan b) kadradaan	1	Informative
6.	How many counting are there in teenTaal? a) 16 b) 10	1	Informative
7.	How many division are there in teen taal? a) 2 b)4	1	Informative
8.	How many tali are there in teen taal? a) 3 b) 4	1	Informative

<b>9,</b>	How many khali are there in teen taal? a) 1 b) 5	1	Informative
<b>10.</b>	Teen taal is played with which type music ? a) western music b) classical music	1	Informative



**ARMY PUBLIC SCHOOL GWALIOR**  
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**REVISION WORKSHEET (SELF –ASSESSMENT)**



Subject: Dance

Assignment No. : 6

Allotment Date: 30 November 2024

S. NO.	QUESTIONS	MARKS	NATURE
1.	<b>By which name was Kathak dance known in ancient times.</b> a) Khushilove b) Kavyatmak	1	Informative
2.	<b>In which lay is Kathak dance performed.</b> a) Vilambit lay, madhyam lay, Druta lay b) Adhik Seema mein rupantaran prastuti mein	1	Informative
3.	<b>Dance in India is divided into_____ parts.</b> a) Four b) Two	1	Informative
4.	<b>How many classical dances are there in India.</b> a) Five b) Eight	1	Informative
5.	<b>Are there facial expressions in the poem.</b> a) Yes b) No	1	Informative
6.	<b>There are three distinct gharana of Kathak dance.</b> a) Banaras, Lucknow,Jaipur b) Gwalior,Delhi,Mathura	1	Informative
7.	<b>what is kathak dance.</b> a) Katha kahe so kathak Kahlave b) Bhakti kahe so bhakt kahlave	1	Informative
8.	<b>What is poetry.</b> 2) Kavita 3) Natak	1	Informative
9.	<b>Dance usually performed with which vidha or art.</b> a) Sangeet. b) Katha	1	Informative
10.	<b>Which of these is a poem.</b> a) dim dim dim damru baje tandav Shankar nache Dhol mridang shankh baje maa Bhagwati Lasya nache .	1	Informative

	b) tak tak ta drug Dun Dun jhijhi kat thothvng tak thun thun thigadha dig di thi.		
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**ARMY PUBLIC SCHOOL GWALIOR**  
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**REVISION WORKSHEET (SELF –ASSESSMENT)**



**Subject: Karate**

**Assignment No. : 6**

**Allotment Date: 30 November 2024**

S. NO	QUESTIONS	Marks 10
1	Karate is a comp art of using what?  a) Punches b) Kicks c) Strikes d) All of the above	1
2	What does Tsuki Stand for?  a) Punch b) Block c) Kick d) None of the above	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 in step punch?  a) Zenkotsudachi b) Heikodachi c) Soto heikodachi d) Sanchin dachi	1
5	What is the meaning of Jodan?  a) Upper level b) Middle level c) Lower level d) All of the above	1

<b>6</b>	<p>What is the Japanese name of the Upper block?</p> <p>a) Jodan agae uke  b) Chudan soto uke  c) Gaidan barai uke  d) None of these</p>	<b>1</b>
<b>7</b>	<p>What is the benefit of karate?</p> <p>a) Physical Fitness  b) Balance  c) Improves mental focus  d) All of the above</p>	<b>1</b>
<b>8</b>	<p>What is the origin of Karate?</p> <p>a) Chennai, India  b) Osaka, Japan  c) Kerala, India  d) Okinawa, Japan</p>	<b>1</b>
<b>9</b>	<p>What does Uke refer to?</p> <p>a) Attacking Technique  b) Striking Technique  c) Blocking Technique  d) None of these</p>	<b>1</b>
<b>10</b>	<p>What is the starting position of ki hon ich kata?</p> <p>a) Heikondachi  b) Shikodachi  c) Zenkotsudachi  d) None of these</p>	<b>1</b>