

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION
(New Syllabus 2017-2018)**

SECOND YEAR

**PAPER IV – KALARI AND MARTIAL ARTS FOR FITNESS AND
LIFESTYLE MODIFICATION**

Q.P. Code: 802814

Time: Three Hours

Maximum: 100 Marks

Answer all questions

I. Elaborate on:

(3 x 10 = 30)

1. Write in detail the origin and development of Kalari in South India. What did the Cheras, Cholas and Pandyas do with this form?
2. Why did Kalari lost its Significance after the British entry? How was it preserved in Kerala? What is the role of C.V. Narayanan in the revival of Kalari?
3. What are the weapons used in “kalari”? How are the lesson forms designed in Kalari? How is this unique feature in its structure that makes Kalari as the mother of Martial arts?

II. Write notes on:

(8 x 5 = 40)

1. What is the record of purananooru on the ancient warriors of Tamil state?
2. What is the Importance of Kaccha in Kalari? What is its use?
3. Why there seems to be secrecy of the “Varma” or Vital Points?
4. What is the difference between hard and soft forms in Martial Arts? Give Example.
5. What are the Martial arts that are included in the Olympic games? Explain.
6. What is Meipayatu? How it helps in the preparation of the body?
7. What is the significance of the word “Paradu”?
8. Write about the significance of uzhichal?

III. Short answers on:

(10 x 3 = 30)

1. Name the forms that are practiced under thekkan kalari?
2. What is Vaithari? Mention its Importance?
3. What are the wooden weapons in kalari?
4. Which is the Ancient form of Karate? Where did it originate?
5. What is the drunken style in Kung fu?
6. What are the martial forms of Japanese origin?
7. Is meipayattu an anaerobic form or aerobic form of training? Why?
8. What are the important forms left behind directly by Bodhidharma?
9. When was wushu demonstrated in the Olympics? Is it a sport of Olympics or Asian games?
10. What is the form of Martial arts introduced by Brucelee? What is the difference?
