

For students of all Branches

Course Title : Self Defense Training Program

Course Objectives :

- 1. Physical Fitness and Mental strength**
- 2. Self Defense**

Course out comes: The Students /Participants will be able to

1. Gain self Confidence
2. Use protection skills against threat / assaults in every day situations
3. Improve body language

Methodology: Safe learning including theory and practical.

Module	Details	Hrs.
1	Physical Fitness: Training imparts physical exercise from toe to eyes for physical and mental development.	06
2	Kicks : Training imparts types of kicks with different levels for defense	06
3	Punches and Blocks: Training includes punches and blocks with different levels for attack and self defense.	06
4	Katas: Training includes "form" (is a Japanese word describing detailed patterns of movements practiced either solo or in pairs.) Karate Kata are executed as a specified series of a variety of moves, with stepping and turning, while attempting to maintain perfect form.	06
5	Techniques of Self Defense: Training imparts foot work , blocking , counter attack , bending and dodging	06

Note : Students will be continuously evaluated through participation and performance.