

Karate Class for Self Defence

(For Girls Only)



MANKAR COLLEGE

Mankar, Purba Bardhaman
West Bengal

Women Cell

Objective

The persistent attack on the safety of women in the present times, calls for equipping girls and women with self-defence capabilities. Girls often confront predators not only outside but also within the safety of their own homes. We believe that it is our responsibility to extend opportunities to our female students where they are trained and equipped to face the challenges that the world offers.



Details

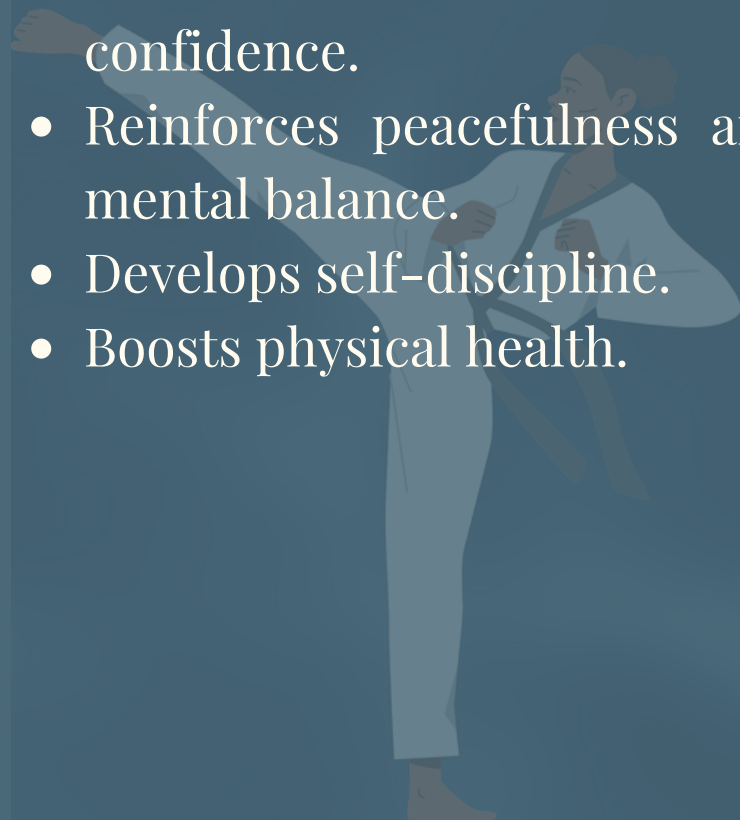
- Course Duration: 6 months
- Certification: Japanese Karate Association
- Instructor: Mr. Samir Kumar Das
- Classes: Twice a week

Syllabus

Month 1	Middle Punch, Face Block, Middle Block, Lower Block, Front Kick
Month 2	Face Punch, Lower Punch, Side Kick, One step in and back movement
Month 3	Natural Stance, Front Stance, Back Stance, Round Horse Kick
Month 4	Kata- Taigyoku Shodan (Basic 1), Front and back movement with hand techniques, Back kick
Month 5	Kata- Taigyoku Nidan (Basic 2), Front and back movement with leg techniques
Month 6	Kata- Heian Shodan (Middle level 1), Ten Judo techniques, Various hand strikes and block techniques

Course Highlights

- Trains girls with simple and effective self-defense tactics.
- Builds self-esteem and confidence.
- Reinforces peacefulness and mental balance.
- Develops self-discipline.
- Boosts physical health.



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