

**Sagardighi Kamada Kinkar Smriti Mahavidyalaya
Add-On Course**

Course Title:-KARATESELDEFENCETRAINING:-

TRAININGSCHEDULE

Course Aims:

- To equip students with the fundamental skills and techniques of karate for self-defense.
- To enhance physical fitness, flexibility, and coordination through disciplined martial arts training.
- To develop mental discipline, focus, and self-confidence.
- To foster an understanding of the principles and philosophy of karate.

Course Objectives:

1. Skill Development:

- Learn and practice basic karate stances, strikes, kicks, and blocks.
- Understand and execute fundamental self-defense techniques.
- Develop proficiency in basic kata (forms) and kumite (sparring).

2. Physical Fitness:

- Improve overall physical fitness, including strength, endurance, and agility.
- Enhance flexibility and balance through regular stretching and conditioning exercises.
- Promote healthy lifestyle habits and physical well-being.

3. Mental Discipline:

- Cultivate mental focus, concentration, and clarity through karate training.
- Develop self-discipline, patience, and perseverance.
- Learn stress management techniques and improve emotional resilience.

4. Self-Confidence and Awareness:

- Build self-confidence and assertiveness in various situations.
- Enhance situational awareness and the ability to assess potential threats.
- Understand the importance of non-violent conflict resolution and the ethical use of self-defense skills.

Course Duration: 30 Hour

Course Teacher: Provash Mahara

Course Content:

<u>SL NO</u>	<u>DATE</u>	<u>TIME</u>	<u>TECHNIQUE'S</u>	<u>DURATION</u>
01	-----	03:00 PM	KARATEBASIC- <i>a)JunbiTaiso(WarmingUpExercise), b)Danchi(Stances),c)Zuki(Punching),d)Uchi(Striking)</i>	2 Hour
02	----	03:00 PM	Do	2 Hour
03	----	03:00 PM	<i>a)JunbiTaiso(WarmingUpExercise),b)GERI(kicking)</i>	2 Hour
04	----	03:00 PM	Do	2 Hour
05	----	03:00 PM	<i>a)JunbiTaiso(WarmingUpExercise),b)Uke(Blocking)</i>	2 Hour
06	----	03:00 PM	Do	2 Hour
07	----	03:00 PM	<i>a)JunbiTaiso(WarmingUpExercise),b)Idokihon-Single Technique</i>	2 Hour
08	-----	03:00 PM	Do	2 Hour
09	-----	03:00 PM	<i>a)JunbiTaiso(WarmingUpExercise,)b)Idokihon-Double Technique</i>	2 Hour
10	-----	03:00 PM	Do	2 Hour
11	-----	03:00 PM	<i>a)JunbiTaiso(WarmingUpExercise)b)Idokihon-triple Technique</i>	2 Hour
12	-----	03:00 PM	Do	2 Hour
13	-----	03:00 PM	<i>a)JunbiTaiso(WarmingUpExercise),b)DifferentType of Kumite</i>	2 Hour
14	-----	03:00 PM	Do	2 Hour
15	-----	03:00 PM	<i>a)JunbiTaiso(WarmingUpExercise),b)Aikido(Self Defence Technique)</i>	2 Hour