



Name of the Course: Martial Art Advance Level

Provided by: Ramakrishna Sarada Mission Vivekananda Vidyabhavan

Duration: 1 year

Total Course Fee: Rs 700/-

✓ **Course Overview:**

The Course covers the Classical Martial Arts techniques as taught by the great masters as per regulation of Karate Association of India at an advance level.

✓ **Course Objectives:**

Martial Arts students embrace four guiding principles that enhance their daily lives. The principle of non-resistance, the principle of accommodation, the principle of balance and the principle of natural order give practitioners a definite path to follow every day of life. It helps you to develop greater emotional stability, assertiveness, self-confidence and lessen aggressive feelings. Increased Self-esteem. Just like exercise strengthens your body, challenges strengthen your mind

✓ **Learning Outcomes:**

After successful completion of the course the students will be awarded certificates. Defense sectors like Para force, CRPF, CISF, and Indian Army give special importance to candidates with Advance Martial Arts certificates. Trained Martial Arts candidates are in demand in corporate sectors as well.

✓ **Faculty Details:**



Ms. Ananya Chatterjee, 2nd Dan Black Belt, District, State, National Gold Medalist, National Referee and Judge (KAI). She has been working as Martial Arts Trainer for over 4years in prestigious schools and colleges across the country. Her mission in life is empower girls in our country for self-defense and encourage them to spread this awareness.