



**Name of the Course:** Martial Art Beginner 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.

✓ **Course Objectives:**

Self Defense encouraging all the students to build a career in Martial Arts. Holistic Development of students with special attention in Character Building, mental toughness, spiritual development and thereby creating a better world for tomorrow. The course is designed keeping in mind today's demand of the modern world .Rigorous physical workouts for maintaining optimum fitness level are foundation of this course. Students will learn beginner level punch, block, and kick techniques. Students will also learn fighting with weapons like Nunchaku (Karate Stick).

✓ **Learning Outcomes:**

Testing and Evaluation is important to martial Artists of many disciplines who wish to determine their progression or own level of skill in specific contexts. Students often undergo periodic testing and grading by their teacher in order to advance to a higher level of recognized achievement, such as different belt color or title.

✓ **Faculty Details:**



Ms. Ananya Chatterjee, 2<sup>nd</sup> 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.