



## **Self-Defence Beginner**

**Name of Course:** SELF-DEFENCE BEGINNER

**Duration:** 30 Hrs.

**Offered by:** Ramakrishna Sarada Mission Vivekananda Vidyabhavan with Barrackpore Police Commissionerate

**Eligibility:** 10 + 2 Passed & RKSMVV Students

**Intake Capacity:** 40

**Course Fee :** 500/-

**Course Overview:** Self-Defence training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the Self-Defence training, the girls are taught to become psychologically, emotionally and physically strong enough to protect themselves in times of distress.

### **Course Objectives:**

The need of the hour for the girls and women in the society is to safeguard themselves against violence committed against them. It is felt that this is necessary for their self-protection and women empowerment. The different objectives are:

- To sensitize the girl students about the different types of violence against them.
- To provide knowledge about the different modes of self-protection in different threatening and adverse situations.
- To showcase and demonstrate on different self-defence techniques.

**Syllabus:**

<b>Self - Defence Beginner</b>		
<b>Module</b>	<b>Content</b>	<b>Duration(Hrs.)</b>
1	Introduction to Karate and Self Defence	4
2	Hand Techniques	5
3	Kicks	5
4	Stances	5
5	Self Defense <ul style="list-style-type: none"> <li>• White Belt (10th Kyu): Basic #1, Basic #2, Basic #3, &amp; Basic #4</li> <li>• White Kyu (9th Kyu): #1 – #4 both sides</li> </ul>	7
Assessment and practical		4
Total duration		30

**Resource Person:**

**Ananya Chatterjee**, 2nd Dan Black Belt, District, State, National Gold Medalist, National Referee and Judge (KAI), Martial Arts Trainer.

**Learning Outcomes:**

To determine the learners' progression to advance to a higher level of competence and achievement of different belt colours or titles, students are put through periodic testing and grading by their teacher.

**Assessment Procedure:**

Three Formative Assessments' scores are provided as percentages. The Total Grade is determined based on the overall performance across all assessments. The Continuous Assessment column provides a general evaluation of the students' participation, engagement and adherence to deadlines throughout the course.

Grading criteria along with the corresponding percentage ranges:

A: 90%-100%

B: 80%-89%

C: 70%-79%

D: 60% - 69%

F : Below 60%