

**10. Name of the Course: 36- Hour Add-on Certificate Course on
Self-Defence(Karate)
(2021-22)**

Syllabus on Self-Defence (Karate):

West Bengal Nanbudo Association

Karate-Do School, Rahara, Saradapally, Kolkata-700118
(Registration No. 5/1 L188414)



Syllabus for 36 hour Certificate Course on Self-Defence

In the first week, we will be focusing on Basics of Kihon Training which will help the students in building their Physical Fitness

Kihon Training Week:

1. Siza
2. WarmUp
3. Chudam Zuki
4. Uchi Uke
5. Age Uke
6. Soto Uke
7. Mae Geri
8. Straight Punch
9. Cross Punch
10. Upper Cut Punch
11. Hook Punch
12. Mawashi Geri
13. Swing Kick
14. Cross Swing Kick
15. In-to-out Kick
16. Out-to-in Kick
17. Side Swing
18. Back Swing
19. Inside Kick
20. Outside Kick
21. Kata Taikyu ku Shodan

Additional Activities:

1. Push-Ups
2. Sit-Ups
3. Crunches

In the second week, we will be focusing on the practical application of all the trainings we did in the first week, to help the students understand the action and how to apply it.

Application Week Training:

Same as above, but with Applications

In the 3rd week, we will be training in pairs of two. This will help the students to understand the real life fighting scenario and apply the actions they have learned.

Self Defence Week:

All self-defence techniques with same actions.

The certificate issued after the completion of this training is internationally recognised.

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