

**ST GONSALO GARCIA COLLEGE in association with LEARN WITH MASTERS**

SELF DEFENSE TRAINING 2022-21 -

**Name of the Teacher :- Suryaprakash Mundapat**

**SUBJECT- KARATE**

	<b>WEEK</b>	<b>TOPICS</b>
<b>Day 1</b>	<b>(Week 1)</b>	Introduction To The Workshop & Details of The Structure of Course
		Explain Weak Points Of Human Body
		Counts 1-10 in Japanese
		Method Of Making Fist
		Warm Up & Stretching Excercises
		Technique Of Face Punch ( OI ZUKI JODAN )
		Technique Of Stomach Punch ( OI ZUKI CHUDAN)
		Technique Of Blocking A Face Punch (AGEUKE BLOCK)
<b>Day 2</b>	<b>(Week 1)</b>	Warm Up & Stretching Excercises
		Revision Of Punches & Blocks Learnt On Day 1
		Technique Of Blocking A Stomach Punch (SHOTOKE BLOCK)
		Technique Of Blocking A Punch Or A Kick To The Face (JODAN UCHUKE BLOCK)
		Technique Of Blocking A Punch To The Stomach(SHOTOKE BLOCK)
		Technique Of a Stomach Kick (Maigeri Kick)
		Technique Of Blocking A Stomach Kick (Gedambarai Block)

<b>Day 1</b>	<b>(Week 2)</b>	Warm Up & Stretching Excercises
		Revision Of Punches & Blocks Learnt On Day 1 & Day 2
		Technique Of The Zenkutsu Stance (Front Stance)

		Technique Of Moving One Step Forward And Backward
		Technique Of One Step Forward Face Punch (1st Exercise)
		Technique of One Step Back Face Block & Counter (Ageuke + Chudan) (2nd Exercise)
		Application Of 1st & 2nd Exercises (Ippon Kumite)
<b>Day 2</b>	<b>(Week 2)</b>	Warm Up & Stretching Exercises
		Revision Of 1st & 2nd Exercise Learnt On Day 3
		Technique Of One Step Forward Stomach Punch (3rd Exercise)
		Technique of One Step BackStomach Block & Counter (Shotouke + Chudan) (4th Exercise)
		Application Of 3rd & 4th Exercises (Ippon Kumite)
		Technique Of One Step Forward Maigeri (Stomach) Kick ( 5th Exercise)
		Technique of One Step Back Kick Block & Counter (Gedambarai + Chudan) (6th Exercise)
		Application Of The 5th & 6th Exercises (Ippon Kumite)

<b>SUBJECT- KICKBOXING</b>		
<b>DAY</b>	<b>WEEK</b>	<b>TOPICS</b>
<b>Day 1</b>	<b>(Week 3)</b>	Introduction to Kickboxing
		Cardio Exercises
		Use & Application Of Straight Punch
		Use & Application Of Hook Punch
		Target practice With Pads
		Activity For Core Strengthening Exercises
<b>Day 2</b>	<b>(Week 3)</b>	Stretching & Cardio Exercises
		Revision of Straight & Hook Punch

		Use & Application Of Zap Punch
		Use & Application Of UpperCut Punch
		Use & Application Of Low Kick
		Strength Excercises

**SUBJECT- Weapon & Road Safety Defence**

	WEEK	TOPICS
<b>Day 1</b>	<b>(Week 4)</b>	PPT On Awareness Of Safety In Today's World
		Road Safety Techniques
		Defence For One Hand Catch
		Defence For Both Hand Catch
		Defence For Head Caught From Above
		Defence For Hair Caught From Behind
		Defence For Neck Choke From Behind
		Defence For Knife Attack
		Defence For Stick Attack
<b>Day 2</b>	<b>(Week 4)</b>	Assement Through Examination
		Certificate Distribution
		Closing Ceremony

