



SUPRIYO BISWAS
M.Sc. (Jadavpur University)
5th Dan Black Belt
PRESIDENT & CHIEF INSTRUCTOR

Affiliated to: INTERNATIONAL GOSOKU RYU KARATE-DO ASSOCIATION (IGKA)
MUAYTHAI INDIAN NATIONAL FEDERATION (MINF)

Member: KARATE-DO ASSOCIATION OF BENGAL & KARATE-DO ASSOCIATION OF INDIA

Recognized by: BENGAL OLYMPIC ASSOCIATION, GOVT. OF INDIA & INDIAN OLYMPIC ASSOCIATION

Head office: 47, Mandir Road, Dum Dum, Kolkata, Pin – 700028, India

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2nd Women's Self Defense Training Camp - 2017

Conducted by

International Gosoku Ryu Karate-Do Association (I.G.K.A.)

Muaythai India National Federation (M.I.N.F.)

In Association with

Muralidhar Girls' College, Kolkata

On

20th and 21st November, 2017 (9am to 10.30am)

Training Place: College Premises

Fees: Rs. 100/- per head

Training Uniform: Karate Gi or Track Pant & T-shirt

Syllabus: First day:

- Basic Theory of Martial Arts
- Warm-up Exercises
- Basic Physical Exercises
- Basic Steps & Stances
- Kihons (Stance, Punch, Block, Strike, Kick)

Second Day:

- Motivation for Self-Awareness
- Warm-up Exercises
- Power Exercises and Agility
- Combinations of Limbs for Defense & Offence
- Self-Defense Techniques
- 1:1 Self-Defense Training

➤ All participants will achieve 'Certificate of Achievement'

Enrol your names by Saturday to Prof. Sumitra
Sengupta, Prof. Sanjoy Majumdar, Capt Kaberi Roy

Supriyo Biswas
16.11.17

Principal