



WOMEN EMPOWERMENT CELL
Certificate Course on Self Defense(KARATE)
01-11-2021 to 31-12-2021

A detail report on Self Defense (KARATE) Certificate Course Conducted by the Women Empowerment Cell (WEC) from 01-11-2021 to 31-12-2021 (two months)

WOMEN EMPOWERMENT CELL

Information about Certificate Course

Name of the Certificate Course: Self Defence(KARATE)

Organized by :WEC

WEC Chair person: Dr N. Shashikala ,PRINCIPAL

WEC Coordinator: Smt G. Siromani

Members of WEC:

1. Smt V.J. Sailaja Rani
2. Smt S. Lalitha
3. Smt K.J. Vijyalakshmi
4. Smt S. Parvathi
5. Smt A. Padmavathi
6. Smt R. Shashikala

Student Members?

Details of the Course

- ❖ Introduction
- ❖ Details of the Course
- ❖ Objectives of the Course
- ❖ Model Certificate
- ❖ Presentation of the Certificates
- ❖ Student Attendance

REPORT ON SELF DEFENSE(KARATE)

Introduction:

Women Empowerment Cell (WEC),PSC&KVSC GDC,NDL conducted Certificate Course on Self Defence(KARATE) to strengthen girl students physically and mentally to face any challenges in their lives further, This training is **to empower girl students with techniques to handle an attack independently**. The stress is on keeping calm and being strategic about your response. However, the focus could also be on mastering fighting techniques at higher levels. In many countries, the use of the right to self-defense as a legal basis for the use of force in times of danger is permitted. Self defense is a countermeasure that entails protecting one's health and well-being from harm. The use of physical force to thwart a direct threat of violence is known as physical self-defense. These forces may be armed or unarmed. The likelihood of success in either situation depends on a number of factors, including the seriousness of the threat on the one hand and the defender's physical and mental preparedness on the other. Self-defense **helps to prepare you for unexpected situations and also helps develop increased mental and physical health.**

Objectives of the Course

The main Objective of self-defense Certificate Course is to provide girl students with the knowledge and abilities to defend themselves independently. The need of maintaining composure and verbal restraint is highlighted. The emphasis, however, could also be on improving one's fighting abilities.

Outcomes of the Course

- ❖ Gives Confidence
- ❖ Improve Focus
- ❖ Develop Skills.
- ❖ Physical Health.
- ❖ Street awareness.
- ❖ Learning something new.
- ❖ Overall fitness
- ❖ Balance.

Notice

1-11-2021

This is to inform all III year B.A/Bcom/Bsc
girl students that Women Empowerment cell is
going to conduct Certificate course in 'Self defence'
'Karate' from 01.11.2021. Interested students
give your names to Smt. G. Siromani, W.E.C convenor

N. Prakash
1/11/21

G. Siromani
1/11/21
(G. SIROMANI)
W.E.C Convenor.

classes

III B.A ✓

III Bcom (G) ✓

III Bcom (CA) ✓

III BSc

III MPE ✓

III MCA ✓

III MPE ✓

III BSc ✓

Details of the Course

Time of the Course: two months

Class Timings :9.00Am to 10.00Am

Period of the Course:01-11-2021 to 31-12-2021

Important Activities of the Course:

Given full-fledged Training in KARATE by

Karate Master Sri Balakrishna, Nandyal KARATE Institute

SYLLABUS

1. Punches
2. Blocks
3. Standings
4. Jumpings
5. Body warmup
6. Legs Uping
7. Frog Jump and Duck Walk Updomins
8. DIPS
9. KICKS
10. Kata
11. Asmics
12. Kiya Soci
13. Ray
14. OSS:oss means respect
15. Rotations
- 16 Neck,Shoulder,Wrist,hip rotations
17. Touchs and Rotations
18. Breathings and Legs Uping

SNo	Week	Activity
1	1-11-2021 to 3-11-2021	Names Collection,Enrollment
2	5-11-2021 to 12-11-2021	Importance and Punches Punches Blocks
3	15-11-2021 to 20-11-2021	Standings Jumpings
4	22-11-2021 to 27-11-2021	Body warmup Legs Uping
5	29-11-2021 to 04-12-2021	Rotations Neck,Shoulder,Wrist,hip rotations
6	06-12-2021 to 10-12-2021	Touchs and Rotations Hand,side,inside,outside touchs
7	13-12-2021 to 18-12-2021	Breathings and Legs Uping Front,Upper breathing
8	20-12-2021 to 23-12-2021	KICKS Front,round,thirst kick

2021 — 22

WEC CELL

CERTIFICATE

COURSE

SYLLABUS

2021 — 22

WEC CELL CERTIFICATE

COURSE

SYLLABUS

1. PUNCHES

1. UPPER PUNCH
2. MIDDLE PUNCH
3. DOWN PUNCH
4. SIDE BY SIDE PUNCH

2. BLOCKS

1. UPPER BLOCK
2. MIDDLE BLOCK
3. DOWN BLOCK
4. SIDE BY SIDE BLOCK

3. STANDINGS

2.

1. keeba middle gap 3 feet
2. Cee kodache middle gap 3 feet Frontly
Feet, Legs 45'
3. Tankudachi gap Length 2.5 Feet, middle
gap 1.5 feet
4. I kodachi front 1.5 Feet, Back 1 Feet
5. Sanchindachi, front 1 Feet Back 1.5 Feet

4. JUMPINGS

1. SLOW Jump
2. High Jump
3. vipturn
4. Full turn (Right and Left side)
5. Double knee Touch
6. Hand Touch
7. Back Jump
8. Front and Back
9. Ring side Jump
10. Single knee Touch
11. Cycling.

5. BODY WARMUP

3

1. Wrist Rotation.
2. Shoulder Rotation.
 - (i) Up to down
 - (ii) Down to up
3. Neck Rotation.
 - (i) Right side
 - (ii) Left side and
 - (iii) up and down.
4. Hip Rotation.
 - (i) Right side and
 - (ii) Left side
5. Foot Rotation.
 - (i) Inside
 - (ii) Out side and
 - (iii) Down to up
6. Aidan Right (Right side Left side)
7. Hand Touch
8. Side Touch
9. Sitaps
10. Side Beating (Right hand Left hand)
11. Front Breathing
12. Upper Breathing.

6. LEGS UPING.

4.

1. front
2. Side by side
3. Back
4. Inside and
5. Out side

7. FROG-JUMP AND DUCK-WALK

UPDOMINS

1. Swimming
2. Updomins
3. Two Legs Back

8. DIPS

1. Open Hand Dips front - [Front side, Side, Back inside, Close Dips]

9. KICKS

1. Front kick
2. Round kick
3. Thrust kick
4. Out side-kick
5. Blade side kick

10. kata

I. kata name Taxodan

1. 20 Jankudachi Standings
2. 8 Down Block.
3. 12 Middle punches
4. Two choutis
5. Total movements 42
6. Taxodan kata Counting 20

11. Asmic

1. asmic middle gap 1 Feet. Legs are straight

12. Kiya Soce

2. Legs close front V Shape

13. Ray 9

A. OSS - oss means respect (जाय)

Respect.

1. Good morning
2. Good Afternoon.
3. Good evening
4. Good Night

2021 — 22

CERTIFICATE COURSE

ON

SELF - DEFENSE (KARATE)

[0-11-21 TO 31-12-2021]

Permission letter.

1-11-2021

To
The principal,
PSC & KVSC Govt College,
Nandyal.

Sub:- Women empowerment cell. Request to
conduct certificate course in "self defense"
'karate' - reg.

I herewith submit that Women Empowerment cell wants to conduct Certificate course as part of Extra Curricular activities in self defense. So please give me permission to start the course from ~~01.11~~ 01.11.2021. Admissions are from 1-11-2021 to 5-11-2021.

Thanking you madam.

yours faithfully.

G. Prasad
1/11/2021

2021 — 22

P.S.C & K.V. S.C GOVT

DEGREE COLLEGE,

NANDYAL

WOMEN EMPOWERMENT CELL

ACTIVITY

CERTIFICATE COURSE ON

SELF-DEFENCE (KARATE)

(1-11-2021 TO 31-12-2021)

Notice

1-11-2021.

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girl students that Women Empowerment cell is
going to conduct Certificate course in "Self defense"
'Karate' from 01.11.2021. Interested students are requested
to give your names to Smt. G. Sironnani, WEC convenor

N. B. Acharya
11/11/21

Graham
1/11/21
(G. SIROMANI)
W.E.C. Convenor.

class

III B.A 

II BCom (G)

II BCom(CA) ✓

I BSc

III mpus

II MECS — 

II MPE - Ex

B2C 9. July
18.10.2020

Karatae punches



Karatae punches



Karate punches



karate punches







2021 - 2022
WOMEN EMPOWERMENT CELL
1-11-2021 to 31-12-2021
Model question paper
Sub : SELF DEFENCE
Topic : KARATE

K. Sarda,
31/12/21
III. B.com

1. How many punches ?

Ans. 4 punches ✓

2. How many blocks?

Ans. 4 blocks ✓

3. How many standings ?

Ans. 5 standings ✓

4. How many jumpings?

Ans. 11 jumpings ✓

5. How many body warm ups ?

Ans. 12 body warm ups ✓

6. How many types in Legs uping ?

Ans. 5 Legs uping ✓

7. How many kicks in karate ?

Ans. 5 kicks ✓

8. Frog Jump and Duck - walk updomins ?

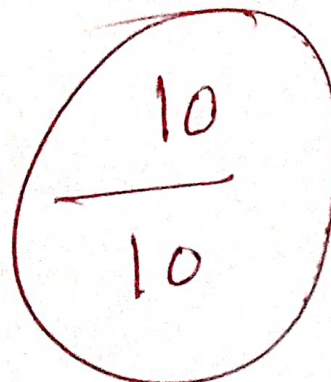
Ans. 3 Frog Jump and Duck - Walk updomins ✓

9. Keeba middle gap ?

Ans. 3 feet. ✓

10. What is the meaning of OSS ?

Ans. Respect. ✓



G. Sarda
31/12/21

2021 - 2022
WOMEN EMPOWERMENT CELL
1-11-2021 to 31-12-2021
Model question paper
Sub : SELF DEFENCE
Topic : KARATE

~~Gr. Nagalakshmi~~
Gr. Nagalakshmi
III Bzc

1. How many punches ?

Ans. 4 ✓

2. How many blocks?

Ans. 4 ✓

3. How many standings ?

Ans. 6 ✓

4. How many jumpings?

Ans. 11 ✓

5. How many body warm ups ?

Ans. 12 ✓

6. How many types in Legs uping ?

Ans. 5 ✓

7. How many kicks inkarate ?

Ans. 5 ✓

8. Frog Jump and Duck - walk updomins ?

Ans. 3 ✓

9. Keeba middle gap ?

Ans. 3 ✓

10. What is the meaning of OSS ?

Ans. Respect ✓

9
10

Swam
31/12/21

P.S.C. & K.V.S.C. GOVERNMENT DEGREE & P.G. COLLEGE
NANDYAL-518 502. KURNOOL. A.P.

WOMEN EMPOWERMENT CELL



CERTIFICATE COURSE ON SELF DEFENSE

Certified that Kumari / Sri **J. Jeaszy**

of **II.M.P.E.S** Participated in SELF DEFENSE (KARATE)

at P.S.C. & K.V.S.C. Govt. Degree College, Nandyal by WOMEN EMPOWERMENT CELL

From **01-11-2021** to **31-12-2021**

W.E.C. COVENER

PRINCIPAL

P.S.C. & K.V.S.C. GOVERNMENT DEGREE & P.G. COLLEGE
NANDYAL-518 502. KURNOOL. A.P.

WOMEN EMPOWERMENT CELL



CERTIFICATE COURSE ON SELF DEFENSE

Certified that Kumari / Sri... **R. Sivarabangaru**
of... **III M.P.E.S** Participated in SELF DEFENSE (KARATE)
at P.S.C. & K.V.S.C. Govt. Degree College, Nandyal by WOMEN EMPOWERMENT CELL
From... **01-11-2021** to ... **31-12-2021**

W.E.C. COVENER

PRINCIPAL

P.S.C. & K.V.S.C. GOVERNMENT DEGREE & P.G. COLLEGE
NANDYAL-518 502. KURNOOL. A.P.

WOMEN EMPOWERMENT CELL



CERTIFICATE COURSE ON SELF DEFENSE

Certified that Kumari / ~~Str~~ **Ms. Moumika Bai**

of **III B. Com (C.A)** Participated in SELF DEFENSE (KARATE)
at P.S.C. & K.V.S.C. Govt. Degree College, Nandyal by WOMEN EMPOWERMENT CELL
From **01-11-2021** to **31-12-2021**

W.E.C. COVENER

PRINCIPAL

P.S.C. & K.V.S.C. GOVERNMENT DEGREE & P.G. COLLEGE
NANDYAL-518 502. KURNOOL. A.P.

WOMEN EMPOWERMENT CELL



CERTIFICATE COURSE ON SELF DEFENSE

Certified that Kumari / Sri..... *M. Kalyani*.....
of..... *11 years*..... Participated in SELF DEFENSE (KARATE)
at P.S.C. & K.V.S.C. Govt. Degree College, Nandyal by WOMEN EMPOWERMENT CELL
From..... *01-11-2021*..... to *31-12-2021*.....

[Signature]
W.E.C. COVENER

[Signature]
PRINCIPAL

P.S.C. & K.V.S.C. GOVERNMENT DEGREE & P.G. COLLEGE
NANDYAL-518 502. KURNOOL. A.P.

WOMEN EMPOWERMENT CELL



CERTIFICATE COURSE ON SELF DEFENSE

Certified that Kumari / Sri T. Rajitha
of 11 year Participated in SELF DEFENSE (KARATE)
at P.S.C. & K.V.S.C. Govt. Degree College, Nandyal by WOMEN EMPOWERMENT CELL
From 01-11-2021 to 31-12-2021

W.E.C. COVENER

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PRINCIPAL

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